

Covid-19 World Weekend of Prayer Resource 2022 – Adult

This is an adult's resource for the World Weekend of Prayer focusing on issues caused by the Covid-19 Pandemic. As you work through the information, bible verses, activities and prayers, please make sure you follow social distancing and the other necessary safety precautions to stay safe from Covid-19.

Section 1: Coping with Loss

This has been a difficult time for everyone, and many of us have lost friends or family members, or have struggled with other kinds of loss during this global pandemic. Grief is the name for the painful emotions we feel when we lose someone or something. As humans, connection to other people is very important to us, and that is why we feel bad when separated from those we love, and why losing a loved one creates the greatest pain. We can also grieve for other losses: being separated from friends and family, or our home; losing access to a familiar place like school, the workplace, or our place of worship. And we can also grieve for things that are not so easy to see: such as losing our sense of security, or our hopes for the future.

It is also important to remember that we have a God of comfort who is with us through our pain. Starting every day in a short time of prayer might help you to know God's presence. You could try to talk to someone who cares for you about how you're feeling, or you could link in with a local church for support. To help cope with loss, it is important to give ourselves time to think about what has been lost. Alongside this, trying to maintain your normal routine as much as possible can help you start to move forward.¹

This has been a very difficult time for many of us, but let's try and hold onto the hope of better days to come and know that God is with us.

Bible Verses:

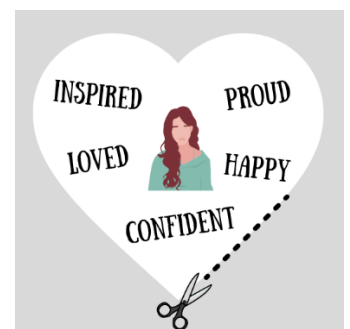
- 2 Corinthians 1:3-5 (New Living Translation): All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ.
- Psalm 34:18 (New International Version): The Lord is close to the broken-hearted and saves those who are crushed in spirit.
- Matthew 11:28-30 (New International Version): Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Activity: Cut out the shape of a heart. On one side write down or draw someone or something you miss, and write some words around it about how that person or thing made you feel. On the other side of the heart write a short prayer, thanking God for that person or thing and the memories you hold.

Prayer: Lord, let us know your comfort as we grieve for what we've lost. Thank you for our past experiences and that we can treasure our memories forever. Help us to find new joy as we move forward in your presence. Amen.

You can then continue with a time of open prayer together.

We encourage you to remember children around the world in your prayers, as many children are also experiencing the pain of loss. Pray that they may know God's love through the hardships they face.



¹Information used here is from Viva's Child and Family Phone Mentoring Programme: Phase 2 – Connecting In

Section 2: Finding Hope in Hard Times

All of us have experienced stress, pressure and anxiety during the last year. With the sudden onset of the Covid-19 pandemic, many of us have been left feeling demoralized and struggling to find hope.

During this time, it is important to remember that God is with us and he cares for us. We all have God-given strengths which we can use to help ourselves and those around us. What are your strengths and how can you use them to bless those around you? We also have resilience which will help us get through these challenging times. Resilience is the ability to manage our reactions to stress so we can function well, even when bad things happen. Resilience has been built up throughout our lives, especially when we find ways to get through challenges like those we've faced recently.

Staying connected to your local church can help give us hope for the future and it can be a powerful reminder to stay grateful for the good things. Over the course of this World Weekend of Prayer we encourage you to look for moments of joy and encouragement - no matter how small - and thank God for them. Notice what people in your community are doing to help one another, look for beauty in nature or notice ways in which your children are growing. Try to connect with the people you care about, even if it's just a brief phone call, message or video chat.²

In dark times it is so important to notice the positives and staying connected to those around you. It will help you find the hope you need to get through this challenging time.

Bible Verses:

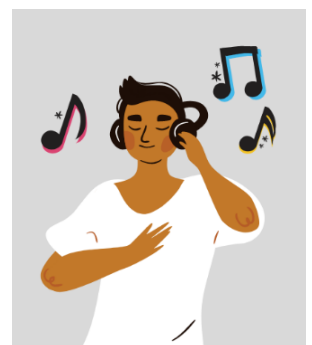
- John 1:5 (New International Version): The light shines in the darkness, and the darkness has not overcome it.
- Psalm 62:5-6 (New International Version): Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.
- Philippians 4:5-7 (New International Version): Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Activity: If you can, play a song that helps you reflect on God's faithfulness. Maybe the special song for the World Prayer Weekend of Prayer, '[Teach me](#)' or the worship song '[The Blessing](#)'. If you can't listen to music, think about the lyrics to a family worship song or focus on the Bible verses above. Take time to reflect on the words in the presence of God.

Prayer: Lord, thank you for your faithfulness through these challenging times and for the community we receive from others. Help us to recognise the strengths you have given us and show us how we can use them to help those around us. Show us the positives in our surroundings and help us to find joy through them. Refresh and restore our minds, so that we may focus on you anew, and fill us with your peace which transcends all understanding. Amen.

You can then continue with a time of open prayer together.

We encourage you to remember children around the world in your prayers, as many children are also experiencing a lack of hope. Pray that they may know God's love through the hardships they face.



²Information used here is from Viva's Child and Family Phone Mentoring Programme: Phase 2 – Connecting In