

WorkerNET Wednesday 'prayer prod' 1 April 2020

Before you start.....try to move away from your desk and sit in a different chair or a different room to help you set aside this time for prayer.



You might like to **light a candle** as you begin and blow it out as you finish to remind you that God is with you and hears your prayers. Think about all the other members of staff lighting their candles and praying together with you at this time.

Hold your hands out in front of you. Point each finger or hold it with the other hand as you use your fingers to help you pray.

Thumb

This is the strongest finger on your hand. Give thanks for all the strong and stable things in your life at this time of immense uncertainty – this might be your home, your family life or other relationships that support and sustain you.



Index finger

This is your pointing finger. Pray for all those people who guide and help us - friends, teachers and colleagues. Pray particularly at this time for people who are working hard to direct us out of this crisis and support us in the midst of it – doctors and nurses caring for the sick, scientists working on vaccines, and food producers and shop staff trying to provide for us all.

Middle finger

This is the tallest finger. Pray for all the people who have power in the world, like world leaders and their governments, members of parliament and local councillors. Pray for wisdom for them as they make tough decisions, and pray that people hear their calls for action and cooperate.

Ring finger

This is the weakest finger on your hand. It can't do much by itself. Remember the poor, the weak, the helpless, the hungry, the sick, the ill and the bereaved. Pray for those who love and care for them. Pray for those who are frightened, anxious and struggling with poor mental health at this unsettling time.

Little finger

This is the smallest and the last finger on your hand. Pray for yourself. Thank God that He is our refuge and strength in times of trouble. Give your worries and fears to Him as you pray and let Him carry their burden for you.

You might like to finish by saying this prayer aloud.

Keep us, Lord, under the shadow of your mercy.

Calm our anxieties and steady our hearts and minds.

Guide us with wisdom to know how to support those we serve.

Sustain and support us at this time of challenge and uncertainty.

Help us to find comfort knowing that nothing can separate us from your love.

Amen.