

APRIL 2020

# JUBILEE USA PRAYER RESOURCES

## JUBILEE USA NETWORK PRAYER RESOURCES IN TIME OF A PANDEMIC



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Compiled by Jubilee board members.

For edits or additions, please email  
Pastor Steve Herder at [pastorsteve@alcto.org](mailto:pastorsteve@alcto.org).

We thank you for your prayers for our world  
for an end to the pandemic and for the advocacy work  
of the Jubilee USA Network and all our global partners.

DESIGN BY KATE ZELLER

## INTERFAITH RESOURCES

[Interfaith prayers](#) from the Interfaith Council in Pleasant Hill, CA

[Communal Lament](#) – by Rose Marie Berger, senior editor of Sojourners Magazine in Washington DC



## JEWISH FAITH RESOURCES

*Compiled by Jubilee board secretary, Rabbi Matt Cutler,  
Congregation Gates of Heaven, Schenectady, New York*

Prayer written by Jessica Pearlman Isen, inspired  
by Rabbi Bruce Lustig:

### A PRAYER FOR THE PEOPLE...

“We pray for the people who are able to play board games with their families, who are surrounded by loved ones, who are able to sleep in and stay in their PJs all day.

And we pray for those who can't sleep at night because they don't know where their next paycheck is coming from, and how they are going to put food on the table for their family.

We pray for the people that are able to telecommute for their work, like broadcasters and entertainers that broadcast from their homes. We pray for ALL of the essential workers.

And we pray for all of the people who are ill and on respirators. We pray for all of the people that have lost loved ones during this time of quarantine and feel isolated from being able to physically embrace the warmth of other humans.

”

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## 04

**A PRAYER FOR THE PEOPLE..... Continued**

“

We pray for the parents who are able to tuck their kids in at night, for the teenagers who are able to connect with their friend groups via FaceTime, Snapchat and other means. For the grandparents, aunts, uncles and family friends that are able to chat with their loved ones and see their faces on a computer screen.

And we pray for the people who are working on the front line. Our doctors and nurses who don't have all of the protective gear to keep them safe. The warehouse workers, over-the-road truck drivers, grocery store employees, who have spent endless hours working to ensure that our packages are delivered and the grocery store shelves are as stocked as possible.

We pray for the builders, dentists, police officers, firefighters, postal workers, real estate agents, service industry workers, men, women, mothers, fathers, children, and grandchildren. Together, let's pray for health and peace. Love thy neighbor as thyself. We pray for all the people, the people of God. We are all in this together. Amen.

”

**By: Jessica Isen**

**Inspired by: Rabbi M. Bruce Lustig, a wonderful teacher and mentor.**



## 05

**A PRAYER OF HOPE DURING THIS  
PANDEMIC****BY RABBI NAOMI LEVY**

We are frightened, God,  
Worried for our loved ones,  
Worried for our world.  
Helpless and confused,  
We turn to You  
Seeking comfort, faith and hope.

Teach us God, to turn our panic into patience,  
And our fear into acts of kindness and support.  
Our strong must watch out for our weak,  
Our young must take care of our old.  
Help each one of us to do our part to halt the  
spread of this virus

Send strength and courage to the doctors and  
nurses  
In the frontlines of this battle,  
Fortify them with the full force of their healing  
powers.  
Send wisdom and insight to the scientists  
Working day and night across the world to  
discover healing treatments.  
Bless their efforts, God.  
Fill our leaders with the wisdom and the  
courage  
To choose wisely and act quickly.  
Help us, God, to see that we are one world,  
One people  
Who will rise above this pandemic together.

CONTINUED PAGE 6

## 06

A PRAYER OF HOPE DURING THIS PANDEMIC  
CONTINUED

Send us health God,  
Watch over us,  
Grace us with Your love,  
Bless us with Your healing light.  
Hear us God,  
Heal us God,  
Amen.

MI SHEBEIRACH AVOTEINU  
V'IMOTEINU

מי שברך אבותינו ואמותינו, אברהם, יצחק ויעקב, שרה, רבקה, רחל ולאה, הוא יברך את החולים [names].  
הקדוש ברוך הוא ימלא רחמים עליהם, להחלימם  
ולרפאתם ולהחזיקם ולהחיותם, וישלח להם מהרה  
רפואה, רפואה שלמה מן השמים, רפואת הנפש,  
ורפואת הגוף, השתא בעגלא ובזמן קרוב. ונאמר: אמן.

*Mi Shebeirach avoteinu v'imoteinu,  
Avraham, Yitzchak v'Yaakov, Sarah, Rivkah,  
Rachel v'Lei-ah, hu y'vareich et hacholim  
[names]. HaKadosh Baruch Hu yimalei  
rachamim aleihem, l'hachalimam ul'rapotam  
ul'hachazikam, v'yishlach lahem m'heirah  
r'fuah, r'fuah shleimah min hashamayim,  
r'fuat hanefesh ur'fuat haguf, hashtabaagala  
uviz'man kariv. V'nomar: Amen.*

May the One who blessed our ancestors,  
Abraham, Isaac and Jacob, Sarah, Rebecca,  
Rachel and Leah, bless and heal those who are  
ill [names]. May the Blessed Holy One be filled  
with compassion for their health to be restored  
and their strength to be revived. May God  
swiftly send them a complete renewal of body  
and spirit, and let us say, Amen.



## HEALING PRAYER LINKS

### JEWISH PRAYERS FOR HEALING AND COMFORT

**Heal Us Now, by Leon Sher, sung by the HaZamir Alumni, conducted by Matthew Lazar, March, 2018**

<https://youtu.be/5HU7juNz72M>

**Mi Sheberach – The Jewish Prayer for the Sick**

<https://youtu.be/sKlpZlpx3zk>

**Mi Shebeirach**

<https://youtu.be/HX5TWsfykSs>

**A Prayer for Passover in the Era of COVID-19**

<https://reformjudaism.org/blog/2020/04/06/prayer-passover-era-covid-19>

**"Out of an Abundance of Caution": A Prayer Amid a Pandemic**

<https://reformjudaism.org/blog/2020/03/19/out-abundance-caution-prayer-amid-pandemic>

**A 20-Second Prayer During Handwashing**

<https://reformjudaism.org/practice/prayers-blessings/20-second-prayer-during-handwashing>

**Quarantine: A Poetic Interpretation of Leviticus 13**

<https://reformjudaism.org/blog/2020/03/23/quarantine-poetic-interpretation-leviticus-13>

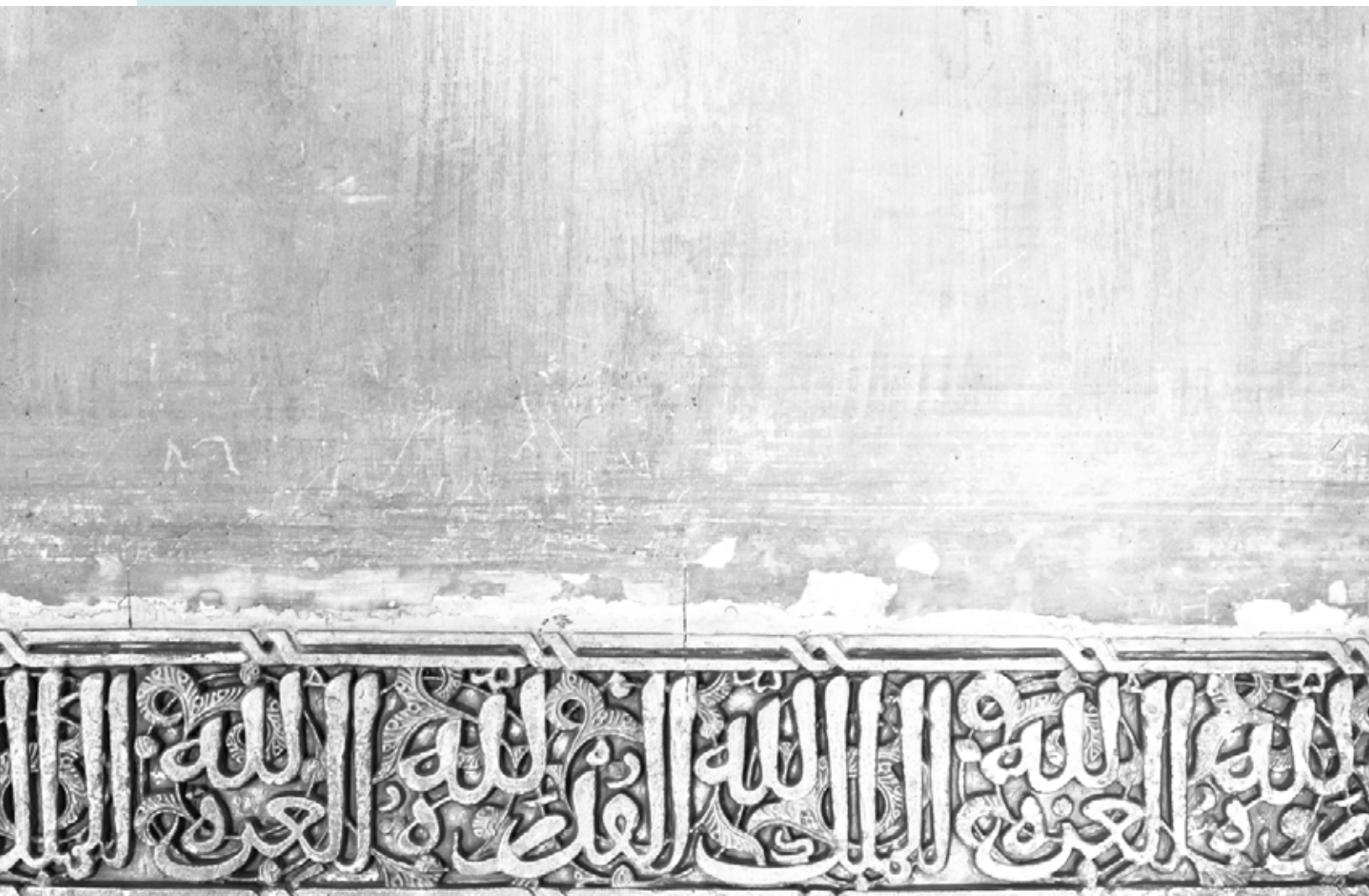


## MUSLIM FAITH RESOURCES

COMPILED BY JUBILEE BOARD MEMBER, SOBIA IJAZ, MUSLIMS  
FOR ECONOMIC JUSTICE, WASHINGTON D.C.

IslamiCity

[5 Duas: Protection Against Illness & Harm](#)





## ISLAMIC PRAYER DURING COVID

**Written by Sobia Ijaz**

Let us join together in praying. In the name of Allah the most Compassionate the Most Merciful.

O Allah, you have power over everything in heavens and the Earth. In these trying times, we ask you, God All-Mighty to have mercy upon us all, the world over. Recognizing that these trials are actually part of the Divine Mercy of God as a means to bring us closer to Him, we ask You to open our hearts to bring us closer to You. Oh Allah, bring peace and tranquility to our hearts in these times of tribulations. O Allah, make us steadfast in our faith and our worship to you alone. O Allah, turner of hearts, turn our hearts toward you so that nothing can shake our confidence in your mercy and forgiveness on the Final Day. O Allah, make us those that will be given the greatest of gifts in Paradise, a seat at the foot of your Throne and ennobling us with your countenance.

O Allah, the tremendousness of the trial you have sent us is a sign of your power over everything. We ask that you forgive us for our heedlessness. We ask that you forgive us for our transgressions. We ask that you spare us from any greater trials. O Allah, let us understand how this is an opportunity to become closer to you. Please accept our good deeds and make our intentions pure. Let this be a lesson to all of us on the fragility of this world.

O Allah, we come to You as we try to make sense and understand and grasp and navigate the waters during this pandemic. Strength comes in numbers. And as we know nothing in this world happens without Your knowledge, as You are the all Hearing, all Seeing, and all Knowing.

We come together to ask that You bring the sickness in this world to a halt, that You protect our loved ones from becoming ill. We ask that you protect the poor and vulnerable around the world. We ask for You to give the world safety and health and well-being. Allah we ask for Your gentleness for this world.

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## 10

**ISLAMIC PRAYER DURING COVID - CONTINUED**

O Allah, we pray for strength to battle this silent enemy the world is facing. O Allah, help us to see this difficulty as an opportunity for service to our fellow human beings. Protect those that have been affected by this disease, whether physically, emotionally, or economically. O Allah, provide your unseen help to those that have no help otherwise, and to all of us as we are in desperate need of your presence.

O Allah, help those who struggle through this pandemic without the resources you have blessed us with. O Allah, give us success in our efforts to help those that are most in need.

O Allah, help those that have been stricken with the virus. Help them to recover and help their families. Oh Allah, bless those that are tirelessly working to help the sick and to discover a cure. O Allah, protect all those people that are working hard during these times for the world to be a safer place.

Many of us may have lost someone or are afraid of losing someone close to them, so we ask you, O Allah to protect our families and friends and keep them safe.

And, Allah for those that have lost someone please give the hearts of the loved ones left peace, and forgive the departed souls and grant them the highest level and status in the hereafter. O Allah, unite us with those that have departed this world in the best of all places that we will reside forever.

We ask that we are able to use this time wisely and reflect and slow down and purify our own states. Make this time a beneficial time for us, for us to turn inwardly and to reflect on the meaning and reality of this world and our own states and to better ourselves so as this virus may end we may merge out of it with a renewed and purified state to enter the world only to make it a better place.



## 11

## CHRISTIAN FAITH RESOURCES

*Compiled by Jubilee board members, Beatrice Parwatikar, Vermont; Rev. Amy Reumann, Evangelical Lutheran Church in America, Washington DC; Rev. Catherine Gordon, Presbyterian Church (U.S.A.), Washington DC; Rev. Stan Duncan, United Church of Christ, Jubilee Massachusetts; co-chairperson Rev. Steve Herder, Ascension Lutheran Church, Thousand Oaks, California, and Jubilee Southern California; and Jubilee's Executive Director, Eric LeCompte, Washington DC.*



### UNITED CHURCH OF CHRIST

FROM REV. STAN DUNCAN

Holy God,

Ever present with us, we are mindful of these times in which we live. Uncertainty, anxiety, and fear are present among us as we listen to and care for one another in these days. We ask that your peace and healing presence be with us, as we pray for and hold each other in love.

We ask your guidance and direction as we live out your command to love one another as we are called to love you. In the name of the one who has called us and prepared us for these challenging days, we pray.

Amen.

# 12

## PRAYERS OF INTERCESSION

BY PASTOR STEVE HERDER

We pray for our world in need of healing, for the church in its mission, for God's beloved creation, and for all who are in need.

God of hope, we lament the suffering and isolation, and sometimes death, that the pandemic is causing our world, our communities, our families. Give us protection, especially all those on the front line of medicine and research, and those whose work makes them in contact with many people. Give us wisdom and patience as we learn new ways to be socially connected, though physically distant. Give us our daily bread, as so many are hurting economically now. Give us hope to see beyond this turmoil and teach us lessons of endurance, faith, and love, as we pray constantly for an end to the virus.

God of mercy.... Hear our prayer.

God of love, we pray for each family, for understanding, strength and your love, as children, youth, and college students are home from school, learning online. Bless teachers and professors, parents and grandparents, school administration and all policy makers, as we seek to make the best of these difficult circumstances. We pray for our schools.... and for every school.

God of mercy.... Hear our prayer.

**CONTINUED PAGE 13**

## 13



God of creation, quiet the earth where it trembles and shakes. Help us to protect vulnerable ecosystems, threatened habitats, and endangered species. Prosper the work of scientists, engineers, and researchers to find ways to restore creation to health and wholeness.

God of mercy.... Hear our prayer.

God of our help, bless all local and global groups and ministries that work so hard to relieve suffering and injustice. [name local groups....], [and global groups....], and our Jubilee USA Network. Help communities and nations to work together for the sake of the most vulnerable people, so that the poorest among us may have life in all its fullness.

God of mercy.... Hear our prayer.

God of compassion, we pray for loved ones, family and friends, who are grieving, sick, fearful, lonely, estranged, abused, or discriminated against. Give us your healing presence in each of the situations that we name before you silently.... And we pray the names of those on our prayer list....

God of mercy.... Hear our prayer.

Bless your church here and around the world as we worship you this Holy Week. Keep our eyes fixed on you as we walk with you in these very important days of this week. May your Spirit strengthen each of us with words of hope and love, that we might be the church for this time, and share that same hope and love with our neighbors.

With your steadfast love, dear God, hear these and all our prayers as we speak them to you, through Christ our Lord, Amen.



## 14

## PRAYER BY BEATRICE PARWATIKAR

I watched as this pandemic called COVID-19 started to circle the globe causing suffering in its path. I cried my God, my God why have you forsaken us.

Then I see the heroes and heroines reach out to the sick; the first responders, the nurses and doctors bring their healing presences. They work selflessly giving their all to the sick. We have the essential workers who see that our basic needs are met. They risk leaving their homes to see to our basic needs.

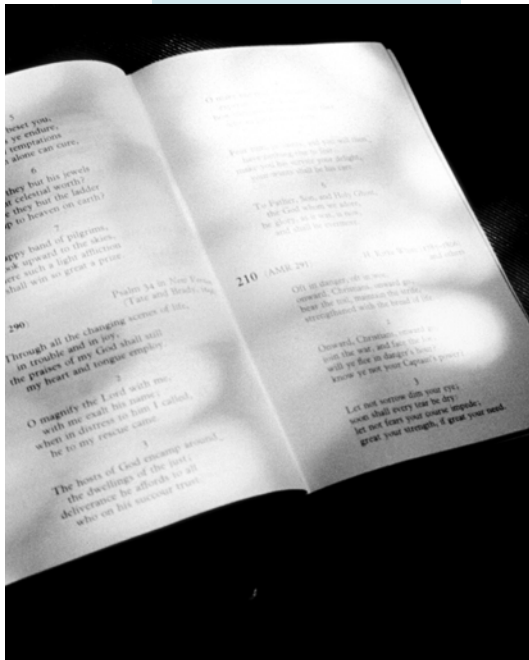
Thank you, Lord. They give us hope. Bless them.

I look to the Creator and I say, "What are we to do, and how can I help?" Then I see the creative ways people are finding to help and all may help as they can; they shop for the vulnerable; check on neighbors; deliver food to those in need; and make masks to protect workers, helpers, neighbors, friends.

Thank you, Lord. They give us hope. Bless them.

We must look to our God of Justice to help those who seek justice for the vulnerable and the Earth our common home. We must continue to commit to the work that will diminish the effects on the poor. We must continue to work to create a world of justice and equality for the poor. We must continue to find ways to care for our common home. We need help so people can understand we live in a global interdependent world. We must remember we are all created in the image of God, children of the Creator.

Thank you, Lord, for those who continue to seek justice for all. May your light continue to shine down on them so they may continue on the path of righteousness. Amen



## 15

# WE PRAY TO BE BUILDERS, GROWERS AND HEALERS

BY ERIC LECOMPTE, JUBILEE USA NETWORK  
EXECUTIVE DIRECTOR

Loving and merciful, God,

God of all creation, You bless us with life and abundance. You grace Your people with enough.

Your law provides us a way to share your abundance and your love among all of us. And yet we fail to live your law and heed your ways. We fail to share your abundance so all of your people have enough.

**Response:** *If Your law had not been my delight, Then I would have perished in my affliction. (Psalm 119:92)*

God, you call us to build a common home, a home that weathers storms and hurricanes. You call us to grow Your great gardens and lush, fruit-bearing forests to provide for all of your people.

Creator of all, give us the strength to be builders, growers and in your image, create good things.

**(R):** *If Your law had not been my delight, Then I would have perished in my affliction.*

We pray for your healing presence oh God. We are sick in heart, mind and body. We cry out for your healing of our hearts, minds, bodies and world. In such times of challenge and affliction - mold us to be healers of troubled hearts, minds and bodies.

**(R):** *If Your law had not been my delight, Then I would have perished in my affliction.*

We pray in Your Name, Amen.



## 16

## PRAYER RESOURCES FROM THE ELCA (EVANGELICAL LUTHERAN CHURCH IN AMERICA) AND LUTHERAN WORLD FEDERATION

from Rev. Amy Reumann

**Resources for Worship in the Home (posted weekly)**

<https://blogs.elca.org/worship/>

**Worship in Times of Public Health Concerns**

***English:***

[https://download.elca.org/ELCA%20Resource%20Repository/Worship\\_in\\_Times\\_of\\_Public\\_Health\\_Concerns.pdf](https://download.elca.org/ELCA%20Resource%20Repository/Worship_in_Times_of_Public_Health_Concerns.pdf)

***Spanish:***

[https://download.elca.org/ELCA%20Resource%20Repository/Worship\\_in\\_Times\\_of\\_Public\\_Health\\_Concerns\\_SP.pdf](https://download.elca.org/ELCA%20Resource%20Repository/Worship_in_Times_of_Public_Health_Concerns_SP.pdf)

**Intercessory Prayers in the midst of the spread of COVID-19 from the Lutheran World Federation**

***English:***

[https://www.lutheranworld.org/sites/default/files/2020/documents/200312\\_-\\_intercessory\\_prayer\\_in\\_the\\_midst\\_of\\_the\\_spread\\_of\\_covid\\_-\\_en.pdf](https://www.lutheranworld.org/sites/default/files/2020/documents/200312_-_intercessory_prayer_in_the_midst_of_the_spread_of_covid_-_en.pdf)

***Spanish:***

[https://www.lutheranworld.org/sites/default/files/2020/documents/200312\\_-\\_intercessory\\_prayer\\_in\\_the\\_midst\\_of\\_the\\_spread\\_of\\_covid\\_-\\_es.pdf](https://www.lutheranworld.org/sites/default/files/2020/documents/200312_-_intercessory_prayer_in_the_midst_of_the_spread_of_covid_-_es.pdf)

***Other Languages:***

<https://www.lutheranworld.org/content/resource-intercessory-prayer-midst-spread-covid-19>

**Guidance for funeral practices during a health crisis**

[https://download.elca.org/ELCA%20Resource%20Repository/Guidance\\_for\\_funeral\\_practices\\_during\\_a\\_public\\_health\\_crisis.pdf](https://download.elca.org/ELCA%20Resource%20Repository/Guidance_for_funeral_practices_during_a_public_health_crisis.pdf)

# CHRISTIAN PRAYER RESOURCES

**World Council of Churches – Coping with the Coronavirus**

<https://www.oikoumene.org/en/resources/documents/covid-19>

**Ignatian Solidarity Network – Coronavirus Resources Responding in Prayer, Reflection, and Solidarity**

<https://ignatiansolidarity.net/coronavirus-covid-19-solidarity-resources/>

**A Prayer of Solidarity – by the U.S. Conference of Catholic Bishops**

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/covid-19-prayer-of-solidarity.cfm>

**A monthly prayer calendar from Dominique Gilliard - Director of Racial Righteousness and Reconciliation for the Love Mercy Do Justice initiative, Evangelical Covenant Church (ECC)**

<https://dominiquegilliard.com/wp-content/uploads/2020/03/April-1.pdf>

**Prayer resources from the Presbyterian Church (U.S.A.), from Rev. Catherine Gordon**

[https://www.pcusa.org/site\\_media/media/uploads/covid-19/curated\\_prayers\\_during\\_covid-19.pdf](https://www.pcusa.org/site_media/media/uploads/covid-19/curated_prayers_during_covid-19.pdf)

<https://www.presbyterianmission.org/story/these-are-trying-times-for-all-of-us/>

