

Calling Out

Prayers for those in Isolation

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Holly Dickson-Ramos

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*I dedicate this book to my parents,
who spoke about faith constantly and
who believed that the Kingdom of God
was worth pursuing.
The way they spent
their time
their money
and their energy
demonstrated their belief that
we must hold this life loosely,
investing ourselves in eternity.*



Calling Out

Daily Prayers for Those in Isolation

As we struggle to adjust to the isolation, job loss, and personal turmoil brought on by COVID-19 we feel shock, disbelief, loneliness, and fear.

An unexpected and abrupt departure from my daily routine makes concentration difficult and I find myself, more often than usual, at a loss for words. I have always turned to pre-written prayers during times of great distraction and difficulty. When coherent sentences elude me – my thoughts and feelings a scrambled mess – I pick up a volume of prayers, penned by someone more articulate than I, and I pray.

Calling out with words written by another believer enables me to adopt a perspective that is larger than my own situation and often I am refreshed and reoriented by this practice. I also feel less alone, sensing, as I pray, that my spirit joins the author and other readers in a shared conversation with our Creator.

In the days ahead, when you struggle to find your own words, pray with me and all others using this little book. The prayers in the following pages are written for the duration of this disruption from our daily routines. Let's pray together, remembering who God is and the hope He offers to us in times of trouble.



*I will lift up my eyes to the mountains; from
whence shall my help come? My help comes
from the LORD, who made heaven and earth.
Psalm 121: 1-2*

FIRST DAY

God who shakes mountains and speaks in whispers;
may the peace of these moments with You remind me
that You are transcendent,
existing beyond the created universe that I can see;
that You are omniscient;
You knew, before it began, that this season would come
and You know, though I do not, when it will end.
This comforts me.

Allow me to hear Your voice today;
impress on me a sense of duty to better the world
if only through prayer.

During these days of seclusion

let me tune in to Your voice;
speak to me;
change me;
I am Yours.

Discipline me, Lord;
I have enjoyed an ease
that tempted me to rely on myself
when I should have relied on You.
Be merciful to me and forgive
my stubborn leanings toward independence;
give me the faith I need
to rely on You alone.

Give wisdom to all ministers of the gospel,
to chaplains in prisons,
to spiritual leaders.
Allow our shepherds to hear Your voice and lead us with
compassion, wisdom and truth.

We are in Your hands and You are the Shepherd of us all.
Let me not forget this today.

Amen.



SECOND DAY

Creator of all,

You are the source of everything good in life;
today I wish to remember
the Rock who can hide me;
the God who saves me;
I wait for You and I put my hope in You.

You have always been a tower of refuge for the needy;
You offer Yourself as a refuge from the storm.
I give You glory for being eternal and constant;
when life changes in unexpected and distressing ways,
You are my anchor.

Let me honour You with my lips today;
let my heart, today, be near to Yours;
may I remember that You are the potter
and I am the clay;
today make of me what You will.

Give wisdom, O Lord, to our leaders;
give strength to our health care workers.

Today may we, Your people, remember the love and hope
that are ours because
You give good gifts to Your children.

Through Jesus Christ our Lord,

Amen.

NO MATTER WHAT... GOD WAS
THERE



Suddenly I had complete confidence in God, complete assurance that our prayers had been heard and answered, no matter what the outcome. Then I realized the outcome was not really the issue. The issue was the very character of God. Job recognized this as he suffered the loss of all he owned. He says – “Though He slay me, yet I will hope in Him.” Job knew no matter what happened, God was the same, God was there, God loved him.

- Marcia Lee Laycock



*I have EVERYTHING I need! Everything I need to
do whatever God calls me to do or be.*

- Belinda Burston

THIRD DAY

Let me be steadfast
for those around me,
a source of stability
in these troubled times.

Anchor me to Your hope
and Your love
so that I
can pull others into Your calm.

Today I pray for those
working long hours,
facing new challenges,
making hard choices;
give them wisdom, strength and comfort.

You are a God who does not slumber or sleep;
You do not grow weary.
As you keep watch over loved ones near and far,
protect them, I pray.
You have always
had the world in Your hands and
today is no different.

I need You.
I trust You.
I wait for You.

This day I place my family, friends and colleagues,
my spiritual leaders and my country's leaders
in Your hands.

Amen.



Prayer is conversation between God and one of His children. God gave us prayer so that we can bring Him our thoughts, adoration, and our concerns. He wants us to talk to Him. And, if we take the time to sit and to listen, He wants to talk to us.

- Lynn Smith

FOURTH DAY

God of the ages,
when I cannot sleep, let my spirit turn towards You.
When the morning brings few glad opportunities
let me face this challenge with courage.
When my mind drifts to worry,
give me control of my thoughts.
May I fix my eyes on You and so practice
the trust that leads to Your perfect peace.

Keep me in safety and allow me to find comfort in the
peace of my own home.

Draw me close to Your heart and
gently lead me into a deeper understanding of Your
character.

Although I am weak and I grow weary, You do not.
There are many things I do not understand,
but Your understanding is limitless.
You made me; You promise to care for me and
You carry me during my most difficult moments.

Provide for the homeless, Lord.
Comfort and protect those who are stranded far from
their loved ones.
Lift the spirits of those without work.
I particularly ask You to lift the hearts of _____ and
_____ .

You ask us to cry out, promising to listen when we call to
You.

Hear this prayer today.

In Jesus' Name,

Amen.



FIFTH DAY

Jehovah Jirah – my provider,
I repent of misplaced feelings of security,
of reliance on people and things unable to sustain me,
of a false belief
that money can save me from the things I fear
when, in fact,
You are the source of my Hope.

You laid the foundations of the earth;
You hold security in Your hand.

Teach me what is good for me;
let me long for righteousness.
Make me a light to those around me and
help me to be creative
as I reach out to others in isolation.
In the moments when I feel forgotten
by my family, my friends and my work,
remind me that You are a God

who does not forget His children;
I can put my trust in You
and You will not disappoint me.

Today I pray for all extroverts,
for those who struggle with loneliness and boredom;
I especially think of ____ and ____.
Allow them to be energized
as they connect with others in new ways;
help them to take pleasure in tasks done well
in the secret and quiet of their homes;
use this unusual time to speak into their lives
in a unique way.

Allow all of us, extroverts and introverts alike,
to stay near to our Shepherd;
Keep us on Your path.

Amen.

IN GOD'S EYES...



It's not about what we say. It's not about how we say it. It's about showing up in front of God just as we are – real and raw and vulnerable – and trusting that He's glad we're there, He's listening to us and He's big enough to handle our very small prayers. When we say, "Amen," it's knowing that God isn't comparing us to the person next to us who prayed "better" than we did. Instead, we can open our eyes and lift our heads from prayers – simple or eloquent – and know that, in God's eyes, we did it exactly right.

- Hannah Hladek



SIXTH DAY

Do not be silent, O God.

In a culture confused about Truth,
show Yourself to me and
teach me to recognize right from wrong.
Give me the courage not only to do right,
but to encourage others in this as well;
keep me from doing wrong
and give me the courage
to lovingly correct those who stray from You.

Protect me from the lie that affluence brings joy;
let me be captivated by meaningful pursuits,
including the cultivation of the fruit of the Spirit,
qualities essential to contentment:

peace,
patience,
kindness,
goodness and
self control.

Do not allow me to drift;
during these days when life has slowed,
stir my heart with renewed love for You.
Do not allow discouragement
or anger to blacken my heart,
keeping me from the sweet joy
of surrendering to Your embrace.

Make me sensitive to the prodding of Your Spirit
as You reveal areas of sin in my life
that I would prefer to ignore.

Let my love for You
Be evident in how I live today.

May I keep in mind, today,
that my happiness, although important,
matters less than doing right and loving others.

Alone, I am lost.
With Your strength I can be all that You want me to be.
Take me a step closer to this version of myself today.

In Jesus' Name,

Amen.

A WORK HE COULD STILL DO FOR GOD...



My grandpa became a minister and then a Bishop in a Mennonite church and also became known for his prayers. He kept a prayer list pages long and prayed every day for each of his grandchildren and great grandchildren by name. When he was old and unable to get around, he sat in his armchair and prayed, considering it a work he could still do for God.

- Lucinda J Miller



*The LORD is near to all who call upon Him, to all
who call upon Him in truth.
Psalm 145:18*

SEVENTH DAY

O Lord,

like ripples that follow a stone entering water,
let me remember the profound impact
of one action or word aptly chosen.

Let me not shirk the disciplined duty
of praying for others and
as I reach out to others with words of encouragement,
give me wisdom.

Prevent me from dominating or flattening
those weaker than I
with discouraging words or selfish assertion.

May these days of isolation

form my character in such a way
that the future finds me
more apt to share with those in need and
more empathetic to those in distress.

Give me a new focus on You
during this time of solitude
so that I may enter into
a fuller experience of Your power and love.
Let me not forget that knowing You more
is the best way I can change this world for good.

Today I pray for all introverts,
those who draw strength from time alone;
reveal to them how they can use this time
for Your glory.

You are not too weak to save us;
You are not deaf to our call;
We wait for You.

Amen.



EIGHTH DAY

Maker of all,

I praise You for Your faithfulness
to those who love You.

History documents Your devotion
to an undeserving people and

I, a sinner,

feel humbled by Your forgiveness and love.

During this time of trouble, Lord,
help those who are suffering from difficulties
intensified by the current situation.

Guide me, today,

restoring my strength when I feel depleted.

Make my spirit like a well-watered garden,

alive and vibrant because of Your nearness.

You are the source of my peace;
do not allow me to lose my grip on You today.

Teach me what it means to be just and good;
show me how to shelter the homeless,
share food with the hungry,
visit the lonely,
during these days when
reaching out looks different from ever before.

I wait for You to rescue me;
You are my Saviour and my Redeemer;
My hope has always been, and continues to be, in You.

May I be anointed by Your Spirit today,
for Jesus' sake,

Amen.

WAITING UPON GOD



*There are times when solitude is better than society,
and silence is wiser than speech. We should be better
Christians if we were more alone, waiting upon God,
and gathering through meditation on His Word
spiritual strength for labour in His service.*

- *Charles Haddon Spurgeon*

-



*There is something deeply human about waiting, even
as there's something deeply divine about appearing.*

- Thomas Froese

NINTH DAY

O Lord,

may You be in my thoughts as I greet this new day;
today may my words reflect Your patient love;
may my actions mirror those of my Saviour,
who taught us to pray,
asked us to give,
and commanded us to love.

Do not be silent, Lord;
I long to hear Your voice.
Show me that You are real;
remind me of times
when evidence of Your faithfulness to me
was unmistakable.

You say that those who mourn
will be comforted and
the pure of heart will see God.
Today comfort those who mourn
the loss of loved ones,
of jobs, and of routine.
Teach us to have pure hearts
so that we can see You,
even when our hearts are heavy.

Carry me through this day;
sustain me with Your strong arm.
Give me the joy that is an outpouring of Your Spirit's
work in me.

My loved ones are in Your hands and
so am I.

Amen.



*Prayer offers relationship. Prayer offers a shield
from fear and anxiety. Prayer offers courage and
comfort. Prayer allows us to affect a life
anywhere in the world, at any time.*

- Judy Cave

TENTH DAY

When the time is right, Lord,
bring us together as people
once more.

I wait to see what You will say to me
and how You will work in me
during this odd time;
You are faithful to hear and answer my prayers,
but if Your answer seems slow in coming,
strengthen my faith as I wait.

You have always been faithful

in Your love and provision for me;
although I am undeserving.
Remind me that though waiting
can seem unfruitful,
You are at work in invisible ways –
just as spring delights me with blooms long hidden,
You work, though I cannot see it;
You move, though I cannot feel it;
I submit myself to Your timing and Your shaping.

As the psalmist said,
You are my keeper;
You are the shade on my right hand.
You will protect me from all evil; You will keep my soul.
You will guard my going out and my coming in
from this time forth and forever.

Amen.



*Let us run with endurance the race that is set
before us, fixing our eyes on Jesus, the author
and perfecter of faith...
Hebrews 12:1-2*

ELEVENTH DAY

O God,

reveal to me hidden areas of sin in my heart.
Sometimes I am quick to forgive myself
for things I hold against others.

Let me not give a superficial treatment to the cancer
of self-will in my life,
but rather teach me to yield myself to You.

You model love that dies for others,
generosity that gives All,
kindness that sees beyond outward appearances and
forgiveness that reaches out to the undeserving.

As I spend time alone, open my heart to these lessons.
I choose to forgive ____ for ____.
Give me the willingness to intercede for _____,
seeking good for this person who has wronged me.
Today, may I quietly reflect on Your forgiveness and
extend the same to those around me.

I entrust the care of my loved ones to You, Lord;
keep them safe in soul and body.
With Your love, calm their fears.

In Jesus' powerful name,

Amen.



*If you want to hear my voice, you must turn
down the volume of everything else in your
world. It is not enough to say I am enough; you
must be filled with Me alone, so you live out of
fullness not emptiness.*

- David Hearn

TWELFTH DAY

My Shepherd,

lead my soul to quiet water today.

I know You use hardship to shape and refine me,
yet I long for green pasture.

During this time of upheaval
help me to abide in You,
bearing fruit in my home and
being an example of kindness to strangers.

Although I am tempted to give in to fear and doubt,
give me strong faith and let me live confident of that

which I say I believe:
that You are my Provider;
that You are my Comforter;
that knowing You is my deepest desire;
that life after death will surpass life as I know it now.

Look after all who live on their own;
comfort those who feel the loss of loved ones more
keenly during these days.
You offer Yourself as the lover of our souls;
may those who struggle
sense Your touch and Your presence today.

Move all of us,
single,
married,
widowed and
divorced
to earnestly seek Your face; we long for You.

In Jesus' Name,

Amen.



*I just need to be faithful each day in whatever
is put before me, the small achievable piece
of fidelity God calls me to in that moment.*

- Arthur Paul Boers

THIRTEENTH DAY

I will bless You at all times;

*Your praise will be continually in my mouth;
I cried and You heard me.*

May I, like the psalmist, bless You even when life is hard.
Teach me to cultivate the practice of gratitude on days
when I feel tempted to see only the bad.

Let this season take me on a journey that ends with a new
perspective;
this time is not about the stability of a reliable job or
the status achieved through education or
the accumulation of enviable possessions.
May I boast, when this season is at an end,

that I truly know You and Your unfailing love and that
I have no security apart from the Source of All.

Just as You look after the rest of creation,
You will see to my needs.
You instruct me not to be anxious about tomorrow,
but to seek Your kingdom before all else.
Give me the willpower to rein in anxious thoughts
and to practice trusting You
as a child trusts a parent.

Today I pray for merchants whose lives are complicated
by the pandemic, especially those who bring us food.
Give them wisdom, I pray;
may employers model compassion and fairness
as they seek to protect workers.
Give strength to those
whose daily duties are difficult and
protect all who work to feed our community.

You are sovereign. Our hope is in You.

Amen.



Maybe right now nothing makes sense... Behind the veil of silent seasons, loss, drudgery and dreams come undone, know that you are deeply loved and delighted in. God is at work.

- Tasha Jun

FOURTEENTH DAY

Gracious God,

allow me to see the divine lesson You bring to me in today's suffering.

Do not allow this pain to be wasted but rather use it for my ultimate good.

At a time when instinct instructs me to hold what I have close, embolden me to practice self-denial, sacrifice and generosity.

Jesus was a king yet He lived as a servant; let me also submit myself to Your will, not living for myself but daily looking for ways

to love others.

Today I pray that the world will see
Your mighty hand at work;
move Your people to be
the healing touch
the encouraging word
the comforting presence
You offer to us in Yourself.

I am never alone, and for this I give You thanks.
I am never without purpose,
for You can work in and through me
no matter where I am.

Bless me today, with a strong sense of Your calling
and Your nearness.

For Jesus' sake,

Amen.



Our needs and our hurts... are often the impetus that bring us to God. As we mature in prayer, we stretch from our own needs to care about the needs of others. And as the Spirit is born within us, we come to that place of grace and acceptance... a place where our prayers and our Father's are one.

- Lucinda J Miller

FIFTEENTH DAY

Thank you for sending Jesus,
blameless and willing
to die in my place,
opening the way
for me to approach Your throne of grace with
confidence.
You invite me to bring my needs, my fears, and my
gratitude;
this connection to You
sustains me.

Unbarred access to You is a gift
I savour each day.
When it is difficult to reach my family,
when I feel separate from loved ones,
when I long to connect with others,
remind me that Your ear is always inclined, that You are
present with me.

During a season when daily life has changed for me,
thank you for being constant.
During a season when the future is uncertain,
thank you for being faithful;
knowing that You exist outside of time
comforts me.

Today I pray for those with young children;
may Christian parents use this time
to teach their little ones about faith and trust;
bless those who have opened their homes to family;
sustain weary caregivers; give them Your strength and
patience;
shape the little ones You love so much as they learn,
along with their parents, about patience and contentment.

In Jesus' Name,

Amen.



SIXTEENTH DAY

As the psalmist reminds me:

*I am continually with You;
You have taken hold of my right hand.
With Your counsel You will guide me,
and afterward receive me to glory.
Besides You I desire nothing on earth;
my flesh and my heart may fail,
but You are my strength.
Your nearness is my good;
I have made You my refuge.*

Strengthen me, today, as I seek to overcome the pull of the flesh;
when I am tempted to give in to jealousy, anger, lust or selfishness,
remind me that You, too, were tempted and that those who belong to You have crucified the flesh.
You call me to live by the Spirit,

showing love and joy,
peace and patience,
kindness and goodness,
faithfulness, gentleness and self control.
Today I ask for Your power as I seek to live this way.

Keep me ever mindful of my eternal destiny so that my
choices today
reflect my allegiance to the Place that will be my ultimate
Home.

Today I pray for the unsaved,
for those who fear death,
for those who feel alone,
for those who resist Your love and Your call.
Give them faith, I pray.
May Your great kindness lead these dear ones to
repentance;
as they search for Truth, may they find You.

In Jesus' Name,

Amen.



*When this is all over, who knows what seeds God
will have planted in people... to draw them to
Him who is unchanging.
- Jeff Loach*

SEVENTEENTH DAY

Thank you for the gift of faith, Lord.

In Your word You say that faith
is the assurance of things hoped for,
the conviction of things not seen.

Scripture is filled with stories
of women and men of faith;
I think of Joseph, Moses and others who, by faith,
saw You work in and through them,
though they were weak.
So often
You infuse human frailty
with Your strength.

Today, help me to fix my eyes on Jesus,
to practice faith and trust,
to live in the conviction that hope in You is a solid and
reliable foundation
for today
and tomorrow
and the rest of my life.

Today I pray for those whose homes are cramped,
crowded or unpleasant.
As they struggle not only with isolation,
but confinement in a displeasing situation
relieve this burden, if only for a moment,
sweetening the day with
unexpected kindness or
a beautiful thought.
Bring to all Your supernatural peace.

Thank you that it is always possible to find You,
no matter where I am.
Thank you that there is no place so far or so empty or so
loathsome
that I cannot find You in it.

Be with me today.

Amen.



Today is not your forever! God has not forgotten you. He sees you and knows you! He is FOR you! Jesus promises us new life and a better tomorrow.
- Melinda Estabrooks

EIGHTEENTH DAY

God,

You love me
and You are able to do immeasurably more
than I can ask or imagine.

Help me to see difficulty in life
as an opportunity for You to display Your power
to me and to others.

When I feel discouraged and defeated,
let me view obstacles and pain as potential triumphs.

At a time when the world mourns,

let me see the situation as an opportunity for You to
work
and to bring about unexpected good.

Build my faith, my patience and my strength in the days
ahead.

Protect my neighbours from harm.
Keep them from the fear of sickness and give them
sound sleep at night.
Send Your angels to watch over us;
we are in Your hands.

Amen.



Fear is dogging my tracks but God is showering me with assurances that He is good, that He's got this, and that I can trust Him.

- Connie Cavanaugh

NINETEENTH DAY

Thank you

that Your promises can be relied upon and
that Your love for me is unconditional.

Today help me to love my enemies,
to forgive those who hurt me,
to show kindness when I am mistreated and
to pray for those I despise.

Root my identity, today, in the love of Christ for me and
fill me with Your joy.

Be with those trapped in violent and abusive homes;

in their suffering may they find a way to reach out for
You;
rescue them from emotional and physical harm and
lead each one along a path that will end in Your embrace.

Knowing You comforts me
during moments when I suffer in solitude;
knowing Your love frees me from the compulsion
to seek perfect love elsewhere;
having the assurance of salvation and life after death
brings me peace.

Let me live in that peace today,

Amen.



TWENTIETH DAY

You are the Source of all good gifts but
there is only one gift that lasts forever; that is,
eternal life.

Your Word teaches me that You are outside of time;
as I wait for this isolation to end,
time weighs heavily on my mind.
God, to You one day is as a thousand years and a
thousand years as one day.
Although I am attached to my view of the world,
I accept that You see more than I see
You know more than I know and
Your understanding of my circumstances is absolute.
This comforts me.

Your Word says that You do not want any to perish –
You long for all to repent.
May I use this season in my life

to pray more for the lost;
make me bold and creative in finding ways
to share Your truth with others.

Today I pray for ____ and ____.
Bring these dear souls out of darkness
into Your beautiful light;
break any hold the Evil One has on their lives,
leading them to a place of repentance
and washing away the stains of past sin.
You created them;
You died for them;
You love them and
You long for them.
I place them in Your loving hands.

Amen.

PEACE BE WITH YOU...



Even after all He had endured – whippings, a crown of thorns, a cross to carry, nails in His hands, and all the sin of the world upon Him... His first words to His beloved disciples were to settle their grieving, fearful, and shameful hearts. “Peace be with you!”

- Lynn J Simpson



*God comes to us where we are, not where we
think we should be.*

- Thomas Froese

TWENTY-FIRST DAY

O Lord,

often I am deceived into believing
that those You love most are
dedicated missionaries,
famous preachers,
philanthropic entrepreneurs and
others whose lives seem more interesting and important
than mine.

During a season that, some days, feels stagnant,
remind me of these truths:
You ask me to pursue the beauty of a gentle and quiet
spirit;
You work through humble people;
You ask me to make it my goal to live a quiet life.

I acknowledge Your hand on my life,
even when it seems ordinary;
I accept Your plans for me,
whatever they may be;
I affirm my belief in Your goodness and sovereignty.

Today I pray for those accustomed to much movement
and interaction,
homebound career-people struggling with a lack of
noise, activity and accomplishment.
Teach them to savour Your peace
and enable them to rest in this new quiet.

Jesus, You are the God who can do
immeasurably more than I can ask or imagine;
Today there are many things I cannot do,
but You are able,
as You have always been,
to carry the cares of those I love and
to look after the needs of the world.

Thank you for this season of rest.
In the places where my soul is weary,
I choose, today, to rest in You.

Amen.



Surely I have composed and quieted my soul; like a weaned child rests against his mother, my soul is like a weaned child within me. O Israel, hope in the LORD from this time forth and forever.
Psalm 131:2-3

TWENTY-SECOND DAY

May Your name, today, be on my lips and in my heart.

May my thoughts honour You
as I seek to remember Your presence
in each moment and
may I intentionally place my trust in You.

Do not be a stranger to me, God;
show me that You are right here with me.
Do not abandon me.

Restore me;
influence me;

Speak to me;
Lead me.

Jesus, I pray
for world leaders who, today,
will make important decisions;
for the media,
as they shape opinion and influence morale;
for spiritual shepherds,
tasked with leading at this unusual time;
for authors, artists and musicians;
may they use the talents You have given them
to lift hearts, stimulate minds and to make life better
today;
remind us all
that You hold the world in Your hands and
that apart from You there is no Real Hope.

In Jesus' Name,

Amen.



See how great a love the Father has bestowed upon us, that we should be called the children of God.

1 John 3:1

TWENTY-THIRD DAY

Almighty God,

sometimes my heart is hard;
I reject others instead of loving them and
I use my tongue to wound instead of to heal.
Forgive me.

Today let me see the blessings You have placed in my life
and praise You for them.

Today let me discover the hidden good in my current
circumstances
and praise You for this.

Thank you for making Yourself accessible to all,
through Christ.

Although I don't deserve You,
You give Yourself to me.
Some days solitude and inactivity make it difficult
to live in my mind.
In the moments when I want to run from myself,
let me take refuge in You.

Today I remember those who languish in prison
and those trapped in addiction.
Keep them safe.
Encourage their hearts.
Lead them to the freedom only You can offer.
Remind them that here on earth
there is no lasting peace for anyone but
that those who trust in You
and wait for You
will not be disappointed.

Amen.



The good news amid all this is that God is in charge and He will keep us in perfect peace when our minds are focused on Him (Isaiah 26:3).

Remember that.
- Jeff Loach

TWENTY-FOURTH DAY

This morning,
as the birds begin to sing
may I, too, praise You for this new day.

As Your creation stirs
let me not be the one creature who is slow
to greet with joy
this day that You have made.

There is life in me, today,
and this life is a gift from You.
Let me not waste it.

Although I cannot do many things I wish,
let me remember that if the evening finds me with a
kinder and gentler heart
the day is not wasted.

Let me act, today, as though this day and no other
decides the legacy I leave behind.
May the heritage I leave for those I love
be one of faith and truth and goodness.

*Blessed are those who trust in the Lord;
Blessed are those who have made the Lord their
hope and confidence;
They are like trees planted along a riverbank,
with roots that reach deep into the water.*

May I root myself in You
and place my hope and confidence in Your love.

Amen.



Is hope an elusive thing? I suppose that depends on where you place it. For me, because of the One in whom I put it, hope is the anchor that snags that spiderweb of gauze, freeing me from its entangling shroud. It changes everything.

- Joy Bailey

TWENTY-FIFTH DAY

Lord,

when I am tempted
to grumble about monotony and boredom,
let me remember those who must labour
for their daily food
in dangerous or distressing situations.

You have blessed me.

Lord,

when I am tempted
to think critical thoughts about those I see most often,

let me remember
those who are alone.

You have blessed me.

Lord,
when I am tempted
to grumble about
the limitations of imperfect strength and stamina,
let me give thanks
for breath in my lungs
and the opportunity to live one more day.

You have blessed me.

May I never tire of calling to mind
Your goodness to me.

Thank you.

Amen.



*As the deer pants for the water brooks, so
my soul pants for Thee, O God.
Psalm 42:1*

TWENTY-SIXTH DAY

Unlike other creatures

You have given me the ability
to contemplate things unseen;
may I avail myself, this day,
of the opportunity to ponder
realities beyond the physical.

Today let me spend my time in such a way as reflects
my eternal destiny in another place.
Let me give my utmost to life lived in the here and now,
all the while increasing my awareness
of the world to come.

May this sense of invisible realities
prevent me from clinging to worldly riches;

teach me to loosen my grasp and share with others,
trusting You to provide and
knowing the freedom and joy
that comes from giving.

My grip on life itself is tenuous;
this world is not my Home;
I know You take me, one day at a time,
down a road that leads elsewhere.

Teach me to know You
and to love You
and to obey You
so that,
when this life ends,
I leave it willingly,
eager to see Your face.

Until that day, keep me close to You,

Amen.



*In a time when you're inundated with mixed messages,
with words from people who have no idea what our
future holds, focus on what will never change.*

- Terrie J Todd

TWENTY-SEVENTH DAY

Almighty God,

Your purposes are beyond my understanding and
Your timing is a mystery.
When I feel uncertain and the future seems bleak,
guide me.

Teach me
to love Your discipline,
to long for Your favour,
to root myself in You.

I bring before You
those who are depressed,
those who mourn the loss of a dream,

those who miss a loved one,
and those who are lonely.

Your love is infinite and
it is enough.

Make me wise, today, so that I
know when to keep silent;
and when to speak.
May my words bring healing, not harm.
Teach me to tame my tongue;
may I use my mouth to praise You this day.

For Jesus' sake,

Amen.



For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

2 Cor 4:17-18

TWENTY-EIGHTH DAY

Almighty God,

as I fix my gaze on unseen things,
teach me to value the spiritual over the physical.

Remind me of Your call to practice
patience and gentleness –
spiritual fruit I can cultivate even in isolation.

I remember the words You gave to your prophet Isaiah,
“*Tell the godly all will be well for them.*”

Your love and faithfulness comfort me;
I rejoice in the Hope You give; that is,
the promise to be with me each moment of each day, and
the assurance of life with You after physical death.
Life here, I know, is merely a prologue
to Your great plans for me.

Until then, keep me patient
when I must wait for what I want;
keep me gentle
when circumstances tempt me to be unloving or harsh;
make me content
when discontent tempts me to focus on what I lack
rather than what I am blessed with.

In these moments of quiet I bring to you the needs of
the world;
be with the sick;
comfort the lonely;
Lord, I ask You to touch ____ and ____ with a sense of
Your nearness.

For Jesus' sake,

Amen.



*You are who God says you are. Point blank. Period.
Your identity is what God declares about you.
- Priscilla Shirer*

TWENTY-NINTH DAY

You have blessed me –
choosing me, before the foundation of the earth,
to be holy and blameless in Your sight.

You have adopted me,
forgiving my sin and making me Your own;
it is a mystery to me
why You would want me,
yet You do.

You have called me
to think deeply on the riches
of my inheritance as Your child; that is,
a future with You and
the promise of Your presence today.

You created me to do good works;
let me hear Your voice when You call;
let me follow when You lead;
let me open my heart when You draw near;
some days I am deaf and unyielding – forgive me.

Today may I walk in a manner worthy
of Your calling:
humble,
gentle,
patient,
loving;
it is only by the power of Your spirit
that I can be these things.

May I be faithful as You are faithful;
May I love as Christ loves;
May I follow His example
always.

Amen.



*The LORD's lovingkindnesses indeed never cease,
for His compassions never fail. They are new
every morning; great is Your faithfulness.
Lamentations 3:22-23*

THIRTIETH DAY

Give me endurance and patience, O Lord,
as days of seclusion stretch into weeks.
May I bear fruit that pleases You
when I am tempted to envy others,
when despair tugs at my spirit,
when fear grips me and
when circumstances make thoughts of recklessness
enticing.

Empower me
to celebrate the joy of others as if it were my own,
to cling to Your hope always,
to contemplate the comfort Your love brings,

to practice patience when days feel long.

Keep my spirit, soul and body sound and blameless
as I wait for You.

Comfort those who are discouraged today;
birth in Your people a penchant for prayer;
may we cling to that which is good,
steering our eyes and thoughts from darkness.

Keep us pure and devoted to You today and always.

Amen.

Thank you for joining me on this journey. I began writing these prayers for my own use, still employed but struggling in this new world of social distancing. I completed the project unemployed and thankful for the constant reminder of God's love and faithfulness that writing these prayers offered.

Thank you to all who allowed me to use quotes from their books, blogs and websites. If you found a chapter quote that lifted your heart, encourage you to read more by that author – websites and books are listed on the copyright page at the beginning of this book.

Your interest in and support of this project means so much to me – THANK YOU!



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