

PANDEMIC

A 7-Day Family Prayer Guide

PRAYERS

BY CYNTHIA YANOF

**PARDON**  
*The Mess*

# day 1

*Pray for faith over fear*

“Fear not, for I am with you; be not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” —Isaiah 41:10

God is not surprised when we are fearful. In fact, the Bible is packed full of Scripture reminding us of why we don't need to fear *anything*. It teaches us to simply trust in the Lord and know that his provision is perfect.

Here's what we're to do when we are fearful:

- Take our worries to him in prayer (1 Peter 5:7).
- Believe that he hears us when we pray (Psalm 34:17).
- Remember that he loves and protects us no matter what we face (Deuteronomy 31:6).

In John 16:33, Jesus very plainly offers that in this world there will be trouble. But friends, we need not fear, for he has overcome the world. In other words: Be courageous knowing no matter what we face, Jesus has already beat it!

*Lord, remind us that you are bigger than any illness or disease that threatens our country. You control the rising of the sun, the orbiting of the galaxies, and each and every star in the sky is placed there by you. Teach us to trust you because you love and protect us, even in the most uncertain of times. Replace our fear with faith so that we can experience complete rest and peace, knowing you have power over all things.*

# day 2

*Pray for God's truth to fill our minds*

"I am the way and the *truth* and the life. No one comes to the Father except through me." —John 14:6

The enemy uses two weapons against us when we're walking through hard times: doubt and discouragement. Daily news about COVID-19 probably brings you some combination of both of these things. You may doubt that God is going to protect you. Maybe you're discouraged, wondering if things will ever get better.

Satan is the father of lies and takes every opportunity to deceive us (John 8:44). It's important that we squelch his lies with the truth of Jesus. For example, if you're starting to believe God doesn't see our suffering, or care about what's happening, fight back with the truth that God is near to the brokenhearted and saves the crushed in spirit (Psalm 34:17-18).

Franklin Graham says it this way: "Whatever lies Satan tells you in life or whatever chains he has on you, you tell him Jesus holds victory! Although, the world faces darkness, Jesus is the LIGHT of the world."

*Jesus, you are the complete truth. You overcome the lies of the enemy. Help me to identify the lies I'm believing and extinguish them with your truth. Help me understand more of who you are and the love you hold for me. Fill me with a hope, joy, and truth that comes solely from you.*

# day 3

*Pray for reminders of God's protection*

“The Lord *will keep you from all evil*, he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore.”

—Psalm 121:7–8

It's hard to feel safe when the news all around us tells a different story. But here is the truth: We can trust in the Lord's protection because there is nothing he cannot do. He created everyone and everything in the universe and has complete control over every detail of it.

Nothing catches God off guard or surprises him. Nothing confuses him or worries him. God has known about every single worldly event from the beginning of time (including COVID-19).

Nothing can ultimately harm us. We are in the grip of our heavenly Father. Paul reminds us of this truth when he says: “Neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:38–39).

On the days when the world seems really scary, remember the One who created the world.

*Lord, in the middle of this pandemic, we pray physical protection over our families and friends, asking you to keep us free from illness and disease. But Lord, we also pray for spiritual health and protection. Please remind us that by trusting you, we are healed for all eternity and nothing can separate us from you.*

# day 4

*Pray for opportunities to be a light in the darkness*

*"The light shines in the darkness, and the darkness has not overcome it."*  
—John 1:5

As we are limited in our daily happenings, everything around us seems uncertain. It's unsettling when schools are cancelled, churches can't meet, and we're told to stay at home and avoid seeing many of the people whom we love most.

But as Christians, our hope is in Jesus. In the middle of darkness and uncertainty, it is hope in Christ that our world needs most. When life seems chaotic, God still has complete control over all things (Psalm 22:28). He created us and loves us enough to sacrifice everything so that we might live forever (John 3:16)!

We now have an opportunity like never before, to shine God's light in the darkness. These times allow us to share with others why we have joy in the midst of trouble. Pray that you won't miss a single chance to share the light of Jesus. Recognize the uncertainty of today as an opportunity for Kingdom work.

*Jesus, you alone change lives. You alone give eternal life and save us from death. You gave your life so that we might live an eternal life in heaven. Lead us to share our hope in you with our peers. Reveal to us the places where you would have us shine your light to those facing dark days.*

# day 5

*Pray for awareness of God's presence*

“And behold, *I am with you always*, to the end of the age.” —Matthew 28:20

We may be living in social isolation, but it doesn't need to be a time of spiritual isolation. Quarantining from the presence of Jesus simply does not exist. There is literally nowhere we can go where he isn't with us. He's with us when we rise, when we go to bed, and every single moment in between.

The presence of God is a core message of the Bible. In Genesis, we're told that God was with Adam and Eve in the garden. The message of his presence remains strong through Revelation, when we're told that we will remain in God's presence forever, in a new heaven and earth.

Being in the presence of God means we are never overlooked, unseen, or insignificant. We can find joy in all circumstances, because no matter what tomorrow holds, we are guaranteed to be in the presence and protection of our Creator. David says it this way: “In your presence there is fullness of joy, at your right hand are pleasures forevermore” (Psalm 16:11).

*Lord, help us to know you are with us at this very moment. Whether we are working, eating, playing, or worrying about the future of this pandemic—remind us that you are completely and fully present.*

# day 6

## Pray for hope

“But those who *hope in the Lord* will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” —Isaiah 40:31 NIV

Are you finding yourself running low on hope? Do you wonder when quarantine will end? Are you questioning if there’s any hope for life to return to normal?

Hope doesn’t come naturally to most of us. It takes discipline to remember our hope is in the One who overcame the world, not in the things of this world.

Following Jesus does not keep us from facing trouble, but it does assure us that we are never hopeless. As Christians, we are constantly being refined in the midst of our hardships (James 1:2–4). Elizabeth Elliot says: “God will not protect you from anything that will make you look more like Jesus.”

Choose today to cling to hope in all circumstances, knowing Jesus completes every good work that he begins (Philippians 1:6). Rejoice in difficulties, trusting that if he allows it, he will also one day redeem it for his glory.

*Lord, there is no hope without you. But in you, and through you, we have hope in all circumstances. Take our days Lord—the good, the bad, the easy, the hard—and use them to reveal more of your character. Give us hope in spite of our circumstances. Please show us a greater picture of your perfect love.*

# day 7

*Pray gratitude for God's never-ending faithfulness*

"Then Samuel took a stone and set it up between Mizpah and Shen and called its name Ebenezer, for he said, *'Till now the Lord has helped us.'*" —1 Samuel 7:12

What if we decided to turn off the news and instead focus on God's faithfulness to his people? What if we took it a step further, making it our mission to remember all of the times God has been faithful in our own lives?

In 1 Samuel 7 the Lord provided the Israelites with a much-needed victory against the Philistines. After winning the battle, Samuel took a stone and called it Ebenezer, meaning "the Lord has helped us to this point." Don't miss the significance of this. In the wake of a huge victory, Samuel came to an abrupt halt to remind the Israelites that God had always protected them. And he just did it again.

Samuel knew that today's victory could be tomorrow's encouragement, if only they would take time to memorialize it. Our families need this same reminder today: The God who has taken care of us up to this point will do it again. He is faithful and trustworthy.

*What are the Ebenezers your family needs to reflect on today?*

*Take a minute to listen to the song "Goodness of God," by Bethel music.*

*Let the lyrics be your prayer today. "All my life You have been faithful. All my life You have been so, so good. With every breath that I am able, I will sing of the goodness of God." Amen.*