

# Uniting Reformed Church in Southern Africa

*Regional Synod Cape – ISinodi-phondo – LaseKapa*

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## 22 MARCH 2020 - DAY OF PRAYER

Dear members of URCSA

We greet you in the all-powerful name of our Lord Jesus. Many are being challenged by the COVID-19 pandemic. The Moderamen therefor called a day of prayer on 22 March 2020 in order to bring the COVID-19 in prayers of supplication before the Lord. We need a quiet place where God may speak to us. Let us offer prayers and blessings for all people and all nations of the earth for protection and elimination of the Coronavirus. Throughout the history of the Church people have prayed during times of plague and pestilence and God heard their prayers.

We are not excluded from the hurt and pain in this world. Jesus tells us that we will have trouble BUT that we can take heart because He has overcome the world! (John 16:33) Through Scripture, we can be comforted by knowing that God is faithful, and that He truly cares and is protecting us. Even in times of the pandemic He is still God with us, Emmanuel. There are numerous Bible verses in which you will find a peace that passes understanding. In times like these you will find comfort in Scripture readings like *"So do not fear, for I am with you; do 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)*

Please use the litany below **every time** when you meditate, sing and when praying together with others during this national calamity. You may make use of other Scripture verses. Allow time for God to speak to you.

This is a meditative service and consists of the following elements:

- 1) Start your prayer time with a familiar song, hymn, chorus.**
- 2) Read a passage of scripture.**
- 3) Sing or listen to another familiar song, hymn, chorus.**
- 4) Sit in silence for a time and listen for God.**
- 5) Sing or listen to another familiar song, hymn, chorus.**
- 6) Pray intercessory prayers.**
- 7) Close with the Lord's Prayer.**

**1. Start your prayer time with a familiar song, hymn, chorus**

*(choose something familiar from your own context)*

**2. Read a passage of scripture: Psalm 86: 1-12:**

“Hear me, LORD, and answer me, for I am poor and needy. Guard my life, for I am faithful to you; save your servant who trusts in you. You are my God; have mercy on me, Lord, for I call to you all day long. Bring joy to your servant, Lord, for I put my trust in you. You, Lord, are forgiving and good, abounding in love to all who call to you. Hear my prayer, LORD; listen to my cry for mercy. When I am in distress, I call to you, because you answer me. Among the gods there is none like you, Lord; no deeds can compare with yours. All the nations you have made will come and worship before you, Lord; they will bring glory to your name. For you are great and do marvelous deeds; you alone are God. Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. I will praise you, Lord my God, with all my heart; I will glorify your name forever. For great is your love toward me; you have delivered me from the depths, from the realm of the dead.”

**L:** Compassionate Lord, You suffered and died for us; You understand suffering. Compassionate God, give us faith to seek you in times of trouble. O Lord, we come to you in this time of global crisis to ask for your protection against the pandemic that has affected thousands of people worldwide. We pray for the sick to be healed, the anxious to be calmed and that the disease itself be contained.

**All:** Hear our prayer.

**L:** We pray for the sick to be healed, and we also pray the doctors and nurses, the medical professionals, the caregivers, the researchers who are taking care of the infected patients. Please help them to find the cure and to fight the deadly virus, keep them safe in Jesus name. “The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” (Deuteronomy 31:8).

**All:** Hear our prayer.

**L:** We pray for our political leaders who are responsible for decisions about fighting the virus. Father we seek your wisdom daily. Be with people making decisions that affect the lives and futures of our families, communities and countries. Calm our fears, increase our trust. Restore us to health so that we may work for Your honor and glory.

**All:** Hear our prayer.

**L:** God you are our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. (Psalm 46: 1-2)

**All:** Hear our prayer. You are a refuge for the oppressed, a stronghold in times of trouble. (Psalm 9:9)

**L:** Compassionate Lord preserve us from pestilence.

**All:** Hear us, O Lord, Save us, O Jesus,

**L:** God of compassion, we claim your promises in your Word as we pray for those who are ill or are suffering loss and long for your healing touching in our congregation, community, South Africa, Africa, the World.

**All:** Lord have mercy. Hear our prayers, O LORD, and let our cries come unto thee. Hide not your face from us in these days; incline thine ear unto us. Speedily answer our prayers. (Psalm 102:2-3).

**3. Sing or listen to another familiar song, hymn, chorus.**

**L:** Almighty God, Lord of life and death, of health and sickness: Globally thousands already passed on. Have pity upon us.

**All:** Hear our prayers

**4. Sit in silence for a time and listen for God**

*(This is the heart of the prayer service, so don't rush. Sit and listen to God's word. Reflect on the Scripture reading. Let God speak to you.)*

**L:** Let us examine our ways and test them, and let us return to the LORD. Let us lift up our hearts and our hands to God in heaven, and humble ourselves before the Lord. (Lamentations 3:40-41)

**Read: Psalm 27:1, 7-8, 13-14:** The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid? **7-8** Hear my voice when I call, LORD; be merciful to me and answer me. My heart says of you, "Seek his face!" Your face, LORD, I will seek. Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, God my Savior. **13-14** I remain confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD.

**All:** Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:4)

**L:** Let us therefore humble ourselves under the mighty hand of God, that he may exalt us in due time: Casting all your care upon Him; for He cares for you (1 Peter 5:6-7)

**All:** Lord have mercy. Christ have mercy.

**5. Sing or listen to another familiar song, hymn, chorus**

**6. Pray intercessory prayers**

**L:** Gracious Lord, Almighty Jesus Christ our comfort and strength in times of disaster, crisis or chaos. Surround us now with your grace and peace in Jesus' name. O Most gracious God, Father of Mercies, thank you for hearing our supplication.

**7. All: Close with the Lord's Prayer**

**The Cape Regional Synod Moderamen**

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