

Prayer in a Time of Anxiety

O God, It seems that I return to you most easily when I need comfort.
Here I am again, knowing that you are waiting for me with love and warming light.
In the shadow of your wings I find respite and relief that feeds my innermost self
and renews my soul.
Day and night, you are my refuge.

These uncertain days of news conferences and quarantines tempt me to assume the worst for my
loved ones, myself and my community.

“Pandemic” is a frightening word, and I can easily feel confused or helpless to respond.
Now I am relying on you to lead and guide me, to put my anxiety in its place.
Help me see it as a human response that keeps me conscious of the seriousness of this moment,
but do not let it overwhelm my spirit.
Buoyed by your love, I choose each day to let peace reign in me.
Breathing deeply of your calm, I repeat, again and again, “You are here.”

Good and gracious Companion, my family and friends need tranquillity and assurance.
Help me to offer them your tenderness.

Those in my community who are suffering need care.
Help me to be generous and to keep contact with the forgotten.

Our world calls for cooperation among national leaders, scientists, health care providers,
and all who are instrumental in overcoming this crisis.
May my prayers and support be with them all.

I have come back to you, and I will return, knowing that your open arms will never fail.
God of hope, may your love blanket the earth, as you teach us to live more generously today than
yesterday.

May my anxiety be transformed into love. Amen.

- Author requested to remain anonymous

Source: <https://www.xavier.edu/jesuitresource/online-resources/prayer-index/coronavirus-prayers>