MAY 7, 2020: THE NATIONAL DAY OF PRAYER



ADORATION, CONFESSION & THANKSGIVING



Start by taking some time to quiet yourself before the Lord. Read through Psalm 145 to lead you into adoration. Read Psalm 139:23-24 to lead you in confession. Spend some time thanking God for the many blessings in your life.

FOR THE SICK & FRONTLINE WORKERS

Pray that those who are sick would be healed and that they would experience the Lord's presence and peace. Pray for protection and strength for doctors, hospital staff, EMTs, police, and fire personnel. Pray the same for essential workers who are serving the public everyday.





FOR THE UNEMPLOYED

Pray for those who have lost their employment or are underemployed. Pray that the Lord would provide for them and their families and that they would not be afraid. Pray for them to be employed again soon.

FOR OUR LEADERS

Pray for wisdom, courage and strength for all our government leaders. Pray for our Mayors, County Administrators, Governor, General Assembly, Congress, and President. Also pray for agencies meeting COVID needs such as the Departments of Health, Social Services and Education.





FOR OUR CHURCHES

Pray for the Church to continue to work together in unity for the good of our city. Pray for our pastors and all church staff who are carrying heavy loads. Pray that the Church would be creative in this time in how we reach out to and serve all our neighbors.

FOR THE VULNERABLE

Pray for the needs of the elderly, especially those in nursing homes and who live alone. Pray for those experiencing abuse, especially children. Pray for those who are food insecure or lack childcare. Pray for those who are experiencing mental distress. Pray for those experiencing COVID related racism. Pray for those who are at a disadvantage due to systemic injustices.



DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSCIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS. PHILIPPIANS 4:6-7

> FOR RICHMOND www.forrichmond.org