

**Prayer focus during the
COVID 19 crisis**

Take **one hand** and look at:

Your thumb - pray for your church, family and community.

Your first finger - pray for the NHS and medical researchers looking for a vaccine.

Your second finger - pray for the Government and all those making tough decisions.

Your third finger - pray for those in care homes and those working with the vulnerable.

Your little finger - pray for yourself and those you know.



Take **the other hand** and read out loud:

*As God's chosen ones,
holy and beloved,
clothe yourselves with
compassion, kindness,
humility, meekness
and patience"*

Colossians 3:12

Let your thumb and each finger represent one of these "clothes" we are to put on.

Thumb - Compassion

First Finger - Kindness

Second finger - Humility

Third finger - Meekness

Little finger - Patience

When you pray,
put your hands together
and let
the "clothing" of one hand
touch the people and places
in the other
and see what God does!