

# DISCIPLES ON THE WAY

Spiritual Support During  
the COVID-19 Outbreak



Diocese of  
Green Bay

## VIRTUAL PRAYER MINISTRY: A SAFE PLACE FOR ANXIOUS TIMES



Prayer ministry has been a great source of comfort, hope, and healing for many people, especially during the challenges of daily life. During the Coronavirus pandemic, prayer ministry by parish leaders is even more critical. People suffering from anxiety need a safe place to talk about their struggles with this pandemic. They also need to be supported with prayer.

One suggestion may be to identify intercessory prayer partners from among your parish leaders who feel inspired and equipped to pray with people via Facetime, webinars, and phone calls. This virtual prayer ministry should be shared on the parish website and/or parish Facebook page.

**Below is a step-by-step process on how the intercessory prayer partner can pray with an anxious or troubled person:**

- 1) Assure them that what they share will remain confidential.
- 2) Call on God in the following ways: God, Lord, Father, Jesus, Holy Spirit, etc.
- 3) Thank God for the person you are praying with and ask for God's blessing.
- 4) Then ask God to help the person according to their intention.  
*(Many people during this pandemic may be experiencing anxiety. Drawing upon the Scripture verses below might be helpful during prayer or conversation.)*
- 5) Express gratitude for all that God is doing.
- 6) Finish the prayer with: "We ask this through Christ our Lord." or "We ask this in Jesus' name."

- *"He shall not fear an ill report; his heart is steadfast, trusting the LORD. His heart is tranquil, without fear." - Psalm 112:7-8*
- *"Cast all your anxiety upon Him because he cares for you." - 1 Peter 5-7*
- *"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 42:10*

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