

Prayer for Peace, Justice and Hope 13 June 2021

Good morning

Today I want to pray about fear. Fear seems even more ever present since the pandemic started.

Let us pray

Dear God, we have heard many times that fear is the opposite of love. We know that fear is a natural mechanism that helps us to protect ourselves from harm or danger BUT more often fear causes us to act in unloving, selfish and unkind ways. Dear God help us as fear is so omnipresent and the pandemic making fear so tangible.

God, we are scared of getting Covid and even more of transmitting it to others. We are fearful of the consequences of the pandemic for our mental health, our children and the elderly in particular. We are afraid of what the future might hold – if we will be able to keep our jobs or not and how the world will be able to move through the pandemic.

Oh lord have mercy on us that fear does not dominate our actions. Remind us being afraid of contracting COVID-19 does not give use the right to treat others less humane and unkind. Lord help us to live as Jesus has shown us - an example of unconditional and fearless love. Even though fear is a legitimate feeling, we need to learn not to act in and out of fear but ALWAYS out of love. Help us Lord to interrogate us constantly – if our actions are full of fear or full of love.

Lord we want to also pray for the families and friends of the many people and in particular young people who have committed suicide. Suicide is often driven by fear; fear, hurt, sadness - insurmountable fear which often seem to leave only one option for the person committing suicide. Suicide often leaves gaping holes of blame and guilt and many, many questions – even more so if the person is young. Oh Lord we are so hurt and sad about the many teenage suicides happening around us.

Dear God the people who lost someone to suicide suffer not only the loss and grief but also the burning questions that will never get an answer. We pray for

the families and loved ones who are left behind. Give them strength and ways to find peace and get to grips with the many unanswered questions. Lord we pray for all the people who are lonely, hopeless, filled with anxiety and don't see any future for themselves in this world, where suicide seems the only option left.

In closing, I want to share the prayer of an anonymous person praying in times of fear.

Heavenly Father,
When I feel crushed by my own worries and fears,
Lift my mind and help me to see the truth.
When fear grips me tight and I feel I cannot move,
Free my heart and help me to take things one step at a time.
When I can't express the turmoil inside,
Calm me with Your quiet words of love.
I choose to trust in You, each day, each hour, each moment of my life.
I know deep down that I in Your grace, forgiven, loved fully as I am and all of me.
Amen.
— Unknown

Let's pray the prayer for Africa.