

Prayer for OSM Care Net Team to Pray over the phone with parishioners

Please print this prayer to have on hand for each call.

Let us pause one minute before we go to pray, breathing in and breathing out.

† In the name of the Father, and of the Son and the Holy Spirit.

Good and gracious God, you sustain us in all times.

We pause (*breathe in and out*) and thank you for this day.

For the challenges, the emotions, the struggle.

For in all this, is the opportunity to draw closer to you.

We pause (*breathe in and out*) and ask that in the darkness, we see your light and in our fear, we feel your strength.

We pause (*breathe in and out*) and remember that today, as in days before, we have survived.

When we wanted to give into despair, you saw us through.

When we wanted to huddle in darkness, you lit the path ahead; showing us the way.

We pause (*breathe in and out*) and ask for forgiveness for the days we falter, allowing selfishness and sin to overcome us.

We ask for compassion, love, and the ability to make this time of unrest rooted in sacrifice made holy by you.

We pause (*breathe in and out*) and resolve to love ourselves and others more intentionally, going out of our way to be more present, recognizing your face and voice even in strangers.

We ask this prayer through Christ our Lord.

Amen.