The Covid-19 crisis is causing a worldwide interruption of life as we know it, and this is affecting our city as well. Some of you may have encountered a slowdown in your business. Others perhaps are working from home. Still others are scrambling to meet supply chain needs. If you’re a parent of young kids, they probably don’t understand some of their new boundaries.

But one thing’s for sure: God does not want us to descend into panic or slip into catastrophic thinking. On the contrary, he gives us many examples in his Word of people who faced terrible circumstances. And yet, they grew in the crisis, and in some cases they even thrived.

In light of this, I want to offer you an interactive prayer that will center your mind on God’s power as you navigate this new normal.

This prayer is based on the acrostic GRACE. The letters in the acrostic represent gratitude, rest, adoration, confession and examination.

In the Bible, God’s grace is a multi-layered concept, but one meaning shows up over-and-over, the concept of power. God’s grace is his power, flowing through us, and strengthening us to do what we could never do apart from him.

By using the acrostic, you’ll be able bring these five topics to mind as you go through your day.

As I pray, you can listen and agree in a spirit of prayer.

➤ Here’s the opening prayer — Father we come to you in Jesus’ name. We pray that you would fill us with your Holy Spirit. Grant us a work of your Holy Spirit today so that we might encounter the peace of God as we go through this crisis.

We begin the first part of the prayer with...

Gratitude

• Father, we come before you with thanksgiving because you have said, “in everything give thanks; for this is God’s will for you in Christ Jesus” (1 Thess. 5:18).
Father, we don’t know how you will bring good out of this situation, but by faith, we believe you will! And we claim your wonderful promise in Romans 8:28: “We know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

We thank you, Lord, for all in our city who work to provide our essential needs, especially medical professionals, pharmacists, food service providers and those who provide us with fuel for travel. We pray 3 John 2 over them. “We pray that all may go well with them and that they may be in good health, even as it goes well with their soul.”

Father, we also thank you for being you. You are the majestic, powerful and wise God. You are infinitely strong and great. No matter what we go through, we will “give thanks to you..., for you are good; your love endures forever” (1 Chron. 11:36).

The “R” in our prayer acrostic stands for rest.

Lord, we come to you casting our burdens onto you. We shoulder burdens for our families, our friends, and those we love. We thank you for the gracious invitation of Jesus who said, “Come to me, all you who are weary and burdened, and I will give you rest” (Matt. 11:28).

Therefore, Lord, “We humble ourselves under your mighty hand, so that you may exalt us at the proper time. We cast all our anxieties on you, because you care for us” (1 Peter 5:7-8).

We commit our safety to you, with the full confidence in the promise of Psalm 4:8, “In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”

We rely on you for protection, for you have said, “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. We will say of you Lord, ‘You are our refuge and our fortress, our God, in whom we trust’” (Psalm 91:1-2).

The “A” in the acrostic stand for adoration.

Father, we express our adoration to you because you care for us. Psalm 116:1-2 says, “I love you Lord, because you hear my voice and my prayers for mercy, because you bend down to listen [to me]...” Thank you that you listen with love.

We express our adoration to you for another reason. You’ve created an incredibly beautiful world. As we look on the simple beauty of your creation, we will “ascribe to you...the glory due to your name. We will worship you in holy array” (Psalm 29:2).

We pause now to stand in awe of you as creator. Psalm 33:8 says, “Let all the earth fear the LORD; Let all the inhabitants of the world stand in awe of Him.” 
• Jesus, we look forward to that time in the future when according to Philippians 2:10-11, “at your name, every knee will bow, in heaven and on earth and under the earth, and every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.”

The “C” in the acrostic stands for confession

• Father, we know how important confession is. We know that because of how David described his experience in Psalm 32:3, “When I keep silent, my bones waste away through my groaning all day long.”

• Lord, we come before you in confession, agreeing with Proverbs 28:13, “Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”

• We confess our sins with total confidence in your mercy and grace: “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9).

And finally, the “E” stands for examination

• Father, during this crisis, according to Lamentations 3:40, we intend to “test and examine our ways, and (if we find anything that I need to change), we will return to you, Lord.”

• And also, Lord, through this crisis, we intend to honor you in every way. So, like David prayed in Psalm 139, “Search me, O Lord, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me and lead me in the way everlasting!”

• God, we will seek to live under your Lordship no matter what hardship may come. Like the Psalmist said in Psalm 119:59, “we will consider our ways, and turn our feet to your testimonies.”

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➔ And now our ending prayer – Father, as we go forth from this time in prayer, we thank you that the Kingdom of the Heavens is all around us. “In you, Lord, we live and move and have our being” (Acts 17:28). We celebrate that the entirety your kingdom is immediately available right now, and we intend to walk victoriously in your kingdom power one day at a time.

We pray all this with gratitude.
Amen.

Send your confidential prayer requests so Grace CC & Friends can pray over them:
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