

Praying with a Palm Cross

Hold the cross in your right hand and then place your left thumb on the **left 'crosspiece'**.

Pray for the world: *Loving God, thank you that your peace reaches into every situation. Be close to those places that need peace this day.*

Place your left thumb on the **right of the 'crosspiece'**. Pray for people in need: *Loving God, thank you that your hope reaches into every situation. Be close to those who are ill or sad.*

Place your left thumb on the **base of the 'crosspiece'**: Pray for the village: *Loving God, thank you that your joy reaches into our homes. Help us to know that you are with us.*

Place your thumb on **top of the 'crosspiece'**: Pray for the church: *Loving God, give wisdom to those who help us to know the Good News of Jesus.*

Place your thumb in **centre of the 'crosspiece'**: Pray for yourself: *Loving God, thank you for Jesus and the love he showed for me. Help me to follow him more and more each day. Amen.*



If you don't have a palm cross, it works with any cross that you might have in the house. Or you can draw or cut out a cross shape on paper / card.

Or , if you're really ambitious, you could do this:

<https://tinyurl.com/makeapalmcross>

Items for prayer on next page...

Day of Prayer - 4th April 2020

World:

- ***governments**, especially UK; for Boris Johnson, cabinet and for medical advisors.
- ***World Health Organisation** and Dr Tedros Adhanam Ghebreyesus (Dir Gen)
- ***relief agencies** - especially *Samaritan's Purse* with their mobile, pop-up hospitals.
- ***scientists** - working on testing equipment, antidotes etc
- ***foodbank** - local, national and international, especially Warrington Foodbank.

People in Need:

- *those **suffering** with coronavirus & life limiting illnesses
- ***mental issues** - on the increase in the village
- ***NHS workers** and frontline carers (we have a dozen such people in our church)
- ***bereaved**: difficult enough under normal circumstances but social distancing and strict restrictions on funeral services exacerbating the grief; pray for Paul Lundy etc
- ***pharmacists**: dealing with queues of impatient people (I witnessed this today!)

Village & Community:

- *many **volunteers**, keeping an eye on the socially isolated in Thelwall
- ***families** with children at home; for staff of Thelwall Infant & Junior School keeping things going for children of front line workers.
- ***elderly parents** - for those who live at a distance from them.
- ***local businesses/employees** - economic uncertainty, furloughing & redundancy.

Church:

- ***Bishop Keith** as he leads the diocese through this challenging time.
- ***Kath & the helpline**; for all those who call and for those who provide assistance.
- ***bereaved families** & funeral arrangements - clergy briefed to expect a surge.
- ***Phone a Friend Scheme** - for those phoning and those being phoned.
- ***PCC 'Cobra' Committee** - making urgent decisions during lock-down.
- ***witness of church building** - rave reviews (& photos) from many villagers!

Yourself:

- ***mental, spiritual and physical well-being**
- ***personal and family needs**