

## **Prayer Video Series #04**

### **Communicate with God in this Stage 4 Lockdown**

Dear God,

At the moment, our minds are busy by thinking bad news of Coronavirus especially for the elderly in Aged Care homes. We ask you to comfort those who die alone without family or loved ones. Think if you know someone who is sick in Aged Care home. Pray for that person (pause and reflect).

We feel a bit downcast especially at this Stage 4 lockdown for the next six weeks.

We want to stop thinking for a while and relax our bodies. (breathe easily and reflect)

We now turn our minds to you, God and acknowledge and honour that you are already present, you are always with us even though we may forget you are always with us. We thank you and trust you to understand our prayers, our worries and our uncertainty.

We know you can give us courage to bear with it all to the end. (Pause and reflect)

May Mary, Mother of God, pray for us. Thank you. Amen