

**Nursing,
Care Home
&
Medical Staff
Prayer
Requests**



At this particularly difficult time in our nation's (indeed our world's) history we are increasingly being asked as Christians to pray for our NHS staff and care home workers.

Of course this is right and proper, however, how do we actually do this effectively?

We can always pray in very general terms and that in itself is fine, however it is always helpful if we have specific points for prayer so that we can pray more effectively for our NHS staff - some of whom are church members in this parish.

The following points for prayer are divided into 2 sections:

1. Points for prayer submitted by members of our parish who are working on the front line.
2. More general and covers specific points for prayer that have come from the Christian Medical Fellowship website.

1. Specific Prayer requests

- Pray that we might not take the virus back to our families despite any precautions we take. (Particularly with recent variants which are transmitted more easily). This puts extra stress on the staff and families.
- Pray for the families of our clients and patients not being able to see their children. One of our parish members works with young adults in their 20s/30s with severe autism and challenging behaviour, learning difficulties and mental and psychological problems. This causes anxiety, confusion and distress, as they don't understand what is going on. Consistency is vital because of their needs.
- Pray for the relief of pressure on the rest of the staff when their colleagues are off sick or have to isolate when family members are ill.
- Pray for the clients and patients who, for example, have to be checked for an injury at hospital and they and their carers need to self-isolate.
- Pray for the management with their extra workload to ensure that employees and other carers get tested regularly (at one place of work, 2 different tests per week for every member of staff).

- Pray that the following situation will stop; some of our colleagues are coming out of work at the end of long and stressful sessions and on the way out of the building they are being harassed by people protesting about COVID-19 and saying that it doesn't actually exist! As you can appreciate this adds more stress to an already difficult situation.

2. Other General Points for Prayer

Let's pray for those involved in the medical, nursing and care home professions

- Pray for the peace of the Lord, which transcends all understanding to fill their hearts and minds and pray that others will see this peace and be pointed to Jesus. Pray that when surrounded by pain and despair they will be filled with the joy of the Lord and will experience this joy every day as they serve those God has placed before them.
- Pray for opportunities to share the hope and love of Christ with their patients and colleagues; pray for boldness to take these opportunities when they arise and wisdom to know how to use them.
- Pray that they may endure suffering, adversity and hardship well, bearing hardships and difficulties with grace and in the joy of the Lord. Pray that they might know the blessing of sharing in the sufferings of Christ, and in so doing be his witnesses to colleagues and patients.
- Pray for their safety and that of their families. Pray that they will have suitable protective equipment and that they will recover quickly if they become unwell themselves.
- Pray for wisdom to make good decisions; for skill as they perform various tasks and for patience with everyone they encounter (especially when they are exhausted and hungry and the demands seem unrelenting)!
- Pray that they can deal with the consequences of decisions that go wrong; may they be able to learn from their errors, be open and honest about what went wrong and not be paralysed by guilt or fear of making future mistakes.
- Pray that they will be able to 'switch off' mentally when they go home, that they will have the emotional and spiritual support that they need and that they will have sufficient time to rest and do things they enjoy. Pray that they will get good restful sleep.

- Pray for those who are separated from their loved ones, that they will feel connected to the church community and others who love them.
- Pray that they will have someone they can offload to without feeling they must censor or hold back on what they say.
- Pray that they will have the wisdom and courage to ask for help – whether that is asking for senior help when they feel out of their depth clinically or help to cope with the impact this is having on them personally. Pray that help will be readily available and that they will not be embarrassed about needing it.
- Pray that God will help them not to make any serious mistakes, especially when they are exhausted and working in unfamiliar areas, and that any mistakes they do make will be caught in time or easily rectified.
- Pray against feelings of inappropriate guilt – guilt that they should be doing more, guilt that they may transmit the virus to family members or already have, guilt that they had to allocate resources to one patient over another, etc. Pray that they will know that God is in control, and they will accept the limits of their responsibility.

After your prayers - then what?

After you have prayed for our care home, medical and nursing staff you could:

- Let them know you are praying for them.
- Ask them for more specific prayer points.

Think about how else you can serve them at this time:

- Could you drop a meal off on their doorstep to heat up after a busy shift?
- Could you give them a quick call or text to check how they are?
- Could you offer to do their shopping for them when they might not have the time themselves or may not be able to find the groceries they need?

Thanks for your prayers.