

## Prayer Guide to help you spend your hour

Below is my personal reflection. Please read through as it might provide some insights at this time.

I was praying through Psalm 46 on March 29, 2020. It reminds me that God is our refuge and our strength, a very present help in trouble. Normally when I meet the word "Selah", my tendency is just to skip over it. But God impressed upon me to take a pause and take a breath at the word "Selah". As I took the breath, He said to my heart, "Breath in My peace. I am your peace." Even though I said that was not afraid, at that moment He revealed to me the depth of the fear in my heart. He wants to reassure me that He is my peace. As I read on, the words from verse 4-8 jumped out at me. "There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her, she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our fortress."

He was speaking to my heart, "Let My river of living water flow through your heart. Make your body My holy habitation. I am in your midst. I am with you and I am your fortress." Then He continued to speak, "Imagine this river of My living water running through the region of Durham where you live." I was so filled with joy at that thought. Then the verse from Matthew 6:10 was in my heart, "your Kingdom come, your will be done, on earth as it is in heaven." The image of His Kingdom descending upon the hospitals and the long-term care homes came to mind. The impression is that He desires to make His Presence known there. His Presence will relieve people of fear and anxiety. He is Peace.

A number of news article has referred this battle with this coronavirus to be a war. In verse 46:9, God mentions that He is the One who makes war cease. A few days before, I was doing a devotion on Psalm 95. After meditating on it, I had a distinct impression that in the midst of this challenging times, we are to make worship of Him a priority. As that thought came, God reminded me how Joshua won the battle at Jericho. The victory was won with singing praises to God who is our refuge and strength. His desire is for us to honour Him and worship Him so that He can be lifted high in all the earth. Then I had an image of this river of living water running through Canada. We trust that He will defeat this evil that the Enemy had unleashed In His perfect timing.

After thinking about what He said to my heart, this is my discernment.

1. He was asking me to evaluate my heart. Are my heart and mind properly ordered that God is pleased to dwell in my heart and to be filled with the Holy Spirit?
2. I sensed that He was asking me to pray for His river of living water to flow freely across our land, into each family dwelling, into the hospitals, nursing homes, pharmacies, grocery stores, government, etc.
3. Praise Him. Make His praises known. Let worship be a priority. Let our eyes be focused on Jesus.

If the above resonates with you, please spend some time with God and ask Him to examine your heart. Come close to Jesus and pray as He directs you. I will be interested to hear how God has been speaking to you at this time. At the end of reading Psalm 46, my heart is peaceful.

## God Is Our Fortress

To the choirmaster. Of the Sons of Korah. According to Alamo. A Song.

**46** God is our refuge and strength,  
a very present help in trouble.

<sup>2</sup>Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,

<sup>3</sup>though its waters roar and foam,  
though the mountains tremble at its swelling. *Selah*

<sup>4</sup>There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.

<sup>5</sup>God is in the midst of her; she shall not be moved;  
God will help her when morning dawns.

<sup>6</sup>The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.

<sup>7</sup>The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*

<sup>8</sup>Come, behold the works of the Lord,  
how he has brought desolations on the earth.

<sup>9</sup>He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.

<sup>10</sup>"Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"

<sup>11</sup>The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*

Please read Psalm 46 aloud and meditate on His Word. Let Him speak to you during this time. Spend time in worshipping our Lord. State out His attributes and how much you treasure Him out loud. (e.g. You are love.)

I will encourage you to take time to worship Him daily.

Alternatively, sing your praises to Him. Let me suggest making Shine, Jesus, Shine as a prayer for the world. You can click the You tube link below.

<https://www.youtube.com/watch?v=7OlwSQmyCg4>

Here is another song called, "Raise a Hallelujah" by Jonathan and Melissa Helser.

<https://www.youtube.com/watch?v=awkO61T6iOk>

I was pleading with God for all those whose are fighting for their lives while singing this song. It was very powerful.

#### Prayer for Canada/Hong Kong

1. Lord, You are our hope, our peace and our salvation.
2. Forgive us for our trespasses. (Please take time for self-confession.) This is important part so that God will cleanse our body, His temple. For the Holy Spirit to dwell among us, we need to have clean hearts and our lives properly aligned to His will.
3. Take time to surrender yourself to Him so that you are filled with the Holy Spirit. Let Him dwell among you in your homes. May families come to know Christ as Lord and Saviour. May You bring families to become closer to one another.
4. Let his river of life run across our hometowns and all across Canada/Hong Kong so that our hearts are glad and that we are not filled with fear, but His peace.
5. May heaven come to earth. Let Your Presence descend onto the hospitals, nursing homes, doctors' offices, pharmacies, grocery stores or any other places that are still open to serve the public. Let all the workers sense Your holy Presence and let Your calm and peace reign in their hearts.
6. Lord, we see the disasters that happened in Wuhan, and now in Italy and the US. We plead for Your mercy on Canada. We pray that You can help us to avert the disaster. We pray for protection upon all the citizens of our country
7. We pray for our healthcare workers to sense the love of Jesus among them. Pray that Your perfect love will drive out fears from their hearts. Pray that You will grant them, wisdom, patience, love, joy and peace as they serve the community. Pray that they will be filled with courage.
8. May You provide them with all the protective equipment needed to protect themselves from the virus so that they can serve everyone with confidence. Lord, You are their ultimate Protector. May You be their "protective shield". May the Holy Spirit remind them to wash their hands and not to touch their faces. May they lean onto to You who are their help and their salvation. We also pray that You will satisfy all the hospital needs.
9. Certain hospitals' staff have been told to practice physical distancing from their families. This can take a toll on their families and marriages. Pray for God's protection upon their marriages. May You enable the bond of marriage to be stronger and the relationships with children or other members of family to be closer and stronger.
10. We also pray for all the hospital administrators who are working hard to institute new policies and guidelines for staff in an ever-changing environment. May You grant them wisdom, clarity and unity so that they can work together for the good of the whole community.

11. We pray for all the essential services workers (pharmacies, grocery stores, etc) who are also worried about their own safety as they serve the public. We pray for your divine protection to be upon them. May You protect their health.
12. We pray for everyone who is suffering from the COVID-19 whether in hospital or at home or the residents of a nursing home. We pray for Your divine healing upon their bodies. Help their bodies to recover from this illness. May You help their immune system to generate just the right response to recover from this infection. Lord, they have to be isolated and may You minister to them personally. May they sense Your presence and Your love. May You reveal to them the love of Christ. We praise God that Jesus has already conquered death. Let Jesus be their hope and their salvation.
13. There is evidence of community spread in different parts of Canada ( not sure about situation in Hong Kong). For every community spread, there may be contacts who may not even know that they have the virus. We pray for Your speedy divine healing upon them so that they will stop shedding the virus as soon as possible. Also, pray that Your Holy Spirit will somehow lead them to self-isolate until they cannot spread the virus anymore.
14. We pray that You will comfort those who are mourning for their loved ones.
15. We pray that the community will continue to be diligent in physical distancing until our community is safe from COVID-19. We sincerely ask for Your grace that this period of physical distancing will be shortened.
16. We continue to pray for You to give wisdom and prudence for all our political leaders to work together for the good of Canada/Hong Kong.
17. We pray that we will look out for the needs for one another. Let us be kind and generous. Let us stop hoarding what we think we need. Let us be considerate of others. If we know someone who lives alone, let us phone them to let them know that we care. Pray that we will make Canada/ Hong Kong a place that is filled with love and respect for one another.
18. We pray for the banks to be gracious to those who just lost their jobs so that citizens do not have to worry that they have no shelter at this time of crisis.
19. Pray for those who have healthcare needs and are not sick from the COVID. May You help them to access healthcare in a safe, but timely fashion, so that their health does not have to be compromised.
20. Lord, the homeless population is filled with anxiety. May You protect them from the virus. It is always a challenge to reach them with no fixed address or phones. With virtual healthcare being the trend, they have no healthcare. Pray that God will give wisdom to the authorities to care for this group of people.
21. Pray for those vulnerable in society—the elderly population, those who are alone, the homeless population, those who are in jail, those with chronic/mental illnesses and those without internets or phones. May You protect them and may they reach out for help when needed. Let those who know them reach out to them.
22. We remember those who are facing domestic violence when we are encouraged to stay at home. May You protect them from harm. May You keep their households calm and peaceful. May the Light of Christ shine upon these homes. May Jesus transform their hearts.

23. May You help us to restore our economic health in Your time.
24. Pray that our churches will shine the Light of Jesus Christ upon Canada/Hong Kong.
25. Pray that Canada will see the value of prayer in the Name of Jesus and help us to institute prayer back into our community. We pray that prayer in the Name of Jesus will be something that Hong Kong citizens will treasure.
26. Let all Canadians/citizens of Hong Kong be in awe of God. May Your wonderful deeds be made known and may Your glory shine upon Canada and Hong Kong. When this pandemic is over, let us remember to be steadfast in holding onto You. Let us remain in You all the days of our lives.

### Prayers for the world

We see how our world is so interconnected. We cannot just pray for Canada/Hong Kong. We need to pray for the world as well.

You can use the above prayers and adapt them to pray for the citizens of other nations. I encourage you to spend time praying for the world in general. If you wish, you can pick a country of your choice and pray for them also.

Please pray for all the COVID-19 patients of the world, especially remember those who are hanging onto their lives. Please pray that they will have an encounter with Jesus so that they will rise up with Jesus on His second coming. Even though we may not know how this might happen. God created each of us with our unique personalities; He will know exactly how to reach their hearts. We know that God is all powerful and all knowing. God can reach their hearts even if they are in a comatose state.