

Quiet me, make me still in your presence, Guiding One.

Settle me into your care. *(silence)*   
  
Out of the depths, I bring forth those prayers that I may not dare speak aloud. Hear me, I pray, even when I do not use words.   
  
I lift to you:

the hurts of life *(silence)*

the loss of loved ones *(silence)*

the angers and frustrations *(silence)*

the betrayals *(silence)*

the illness and pain *(silence)*

the compassion for others *(silence)*

those who journey to death *(silence)*

Grant your love and healing to those raised up in prayer   
this day.   
  
In the name of the Christ of Calvary. Amen.

**A Prayer During   
This Pandemic**  
I Lift to You