

# Prayer during a Pandemic

by Sr. Chris Koellhoffer, IHM

Loving God, Holy One,  
Your desire is for our wholeness and well-being.

We hold in tenderness and prayer  
the collective suffering of our world at this time.

We grieve precious lives lost and vulnerable lives threatened.

We ache for ourselves and our neighbors,  
standing before an uncertain future.

We pray: may love, not fear, go viral.  
Inspire our leaders to discern and choose wisely,  
aligned with the common good.

Help us to practice social distancing  
and reveal to us new and creative ways  
to come together in spirit and in solidarity.

Call us to profound trust in your faithful presence,

You, the God who does not abandon,

You, the Holy One,  
breathing within us, breathing among us,  
breathing around us, in our beautiful yet wounded world.