

FEAR & ANXIETY

WEEK 1 | YOUTH

SESSION 2

Here is a prayer activity and prayer points, based off our 'pray' video, looking at the theme of 'fear and anxiety around Coronavirus'.

PRAY:

Find a Bible (either physical or online), choose a Psalm and read it out aloud (you can pick your favourite one, or any other)

Get a pen and paper (or journal, notebook etc.)

Rewrite the Psalm in your own way. You can put down your emotions; maybe a situation you are going through, things you are struggling with, something you are thankful to God for and so on.

Read your created Psalm back to God as part of your prayer.

You can pick a Psalm and carry on this activity any time. It's a great way to pour out your heart and feelings in front of God.

PRAYER POINTS:

Pray about people you know affected by the Coronavirus – their mental health, general health, home situations, work etc.

Pray for God to show you ways you can be a carrier of Hope and Light in this time.

Pray for God to help you not to give in to fear and panic, but to have a heart full of peace.