

Reflection

4. When was a time you felt God did not answer your prayers? When was a time when God did answer your prayers? How did you feel? What were your thoughts?

5. How can we respond in times of sickness and death, especially those of our loved ones?

Application

6. Think of people you know who have been affected due to the COVID-19 crisis – What steps can you take to show care to them?

Prayer

7. Write out a prayer for yourself based on what you have heard and learned from this session.

(a) What is in your heart for yourself?

- Perhaps you are in despair and feeling like God has forgotten you:

“Loving Father, I am struggling in my situation and you feel so far away. Grant me the grace to believe that You love me and have not forgotten about me. Help me to trust in You with all my heart and lean not on my own understanding. In Jesus’ name, Amen.”

(b) What is in your heart for others?

- Perhaps you feel led to pray for someone who is in despair and suffering:

“Merciful Father, please grant (*name/s of family and/or friend/s*) comfort and peace amidst the troubles they are facing. Give me wisdom as to how to minister to them and show them how much You love them. In Jesus’ name, Amen.”

- It is always useful to collate these prayers and to refer to them for thanksgiving and sharing next week.