

Praying for people in the earthquake zones.

So many harrowing images continue to fill our news screens as rescue efforts are drawing to a close and the formidable task of rebuilding homes and lives begins.

Despite our current cost-of-living pressures, people across the nation and the world have dug deep to help emergency crews and aid agencies to bring food, shelter and equipment to the millions in need.

Prayers abound. We may feel helpless as we silently watch the news, our prayers falling like silent rain on an ocean of despair: yet pray we must.



Tearfund's website has the following prayer:

Lord, you made yourself small and the subject of your own creation.

You know our despair and anxiety, our devastation and our anger.

Be present with those who suffer today in Turkey and Syria.

Teach us how to pray, and show us how to act, through Jesus Christ our Lord. Amen.

Prayer suggestions:

A prayer at news-time - for the rescue workers and international aid.

A prayer as we walk to and from work or the shops –

for food and warm clothing for those who have survived.

A prayer as we sit in a garden or park at springtime –

for hope in the lives of those in the mental anguish of loss.

A prayer with children, building houses with lego blocks –

for new and safe shelters for the homeless.

A prayer at meal times - for aid agencies bringing food and clean water.

A prayer at bedtime - for medical workers bringing relief to the injured.

A midday prayer – for help and support for pregnant women, mothers giving birth and for children who have lost their mothers.

Turning prayer into action:

There are many ways to donate to aid agencies and the need to do so is ongoing. It is not too late – but be aware of scammers who seek to profit from other people's tragedies. Your church may be collecting for an aid charity. Alternatively, the government's 'Disasters Emergency Committee' is a safe portal for donations to be used wisely.

'Come to me, all you who are weary and heavily burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.' *Matt 11. 28-29*