

A PILGRIMAGE ROUND THE HOUSE DURING THE CORONAVIRUS PANDEMIC

When we go on pilgrimage, we leave our homes and travel to a holy place, in order to pray and come closer to God.

However, our homes are also holy places, and as we move around them, we can pray and come closer to God as much as we would if we went away on pilgrimage.

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1 The Front Door

You may not have used your front door very much for several weeks, and if you are self-isolating completely, possibly not at all. It is normally our first point of contact with the outside world.

Lord God, it's hard not going out of the house. Though our front door is a barrier keeping us and the outside world apart physically, give us grace to keep in touch mentally and spiritually with others, with friends and family, with national and international events. In the name of Jesus. Amen.

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2 The Living Room

You may be spending a great deal of time here. It is normally the room where you relax, but now it may feel more like a prison, as you wonder how to occupy your time.

Lord God, thank you for the comfort of our living room, and all the things in it which normally help us to relax. May it still be a place of comfort, and show us how to engage in activities which will give us strength and stamina to live at this present time. In the name of Jesus. Amen.

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3 The Kitchen and Dining Room

Perhaps you are spending more time preparing food, or perhaps you cannot be bothered, and are not eating healthily. You may be relying on others to shop for food for you at the moment.

Lord God, thank you for all those who are working hard, and possibly putting themselves at risk, in order to provide food for us. Protect farmers, distributors, shop workers, food bank volunteers, and those who are using their skills to feed

others, especially in hospitals. Help us to eat wisely, so that our bodies remain strong and healthy. In the name of Jesus. Amen.

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4 Your Work Area

If you are now working at home, or home schooling children, you will have had to find space to do this.

Lord God, bringing our work into the home is difficult. The boundaries between work and non-work are getting blurred, and we miss our colleagues. Give us the grace to support each other as we work apart. May children be able to enjoy learning at home, and find other ways to keep in touch with their schoolfriends. Provide for those who have lost jobs and businesses because of this crisis. In the name of Jesus. Amen.

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5 A Prayer Space

Perhaps you have a special chair or a corner of a room where you pray. If not, why not create a prayer space, especially as we are not able to go to church at the moment? You can put a cross, a Bible, a Prayer Book, candle, picture, or flowers or a combination of these on a low table or stool by a chair. You might also like to write out a list of people to pray for at this time.

Lord God, your presence fills our house, and we can meet you here as much as in church. Give wisdom to all church leaders, as they find new ways of ministry in this crisis. Draw all Christian people closer to you and to each other in a fellowship of worship, support and witness. In the name of Jesus. Amen.

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6 The Bathroom

Cleanliness, especially handwashing, is an important means of getting rid of the virus. Remember those who live in refugee camps or in other forms of poverty, where cleanliness and social distancing are impossible.

Lord God, thank you for a constant supply of pure water. Help all of us to respect the ways in which we can stop the virus spreading, especially when we find them irksome and restricting. Protect those who do not have the resources they need to keep safe. In the name of Jesus. Amen.

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7 The Bedrooms

Some people are finding it difficult to sleep at the moment, and others feel they have no reason for which to get up.

Lord God, many people's sleep patterns are disrupted at the moment. Give to all who are anxious or depressed the refreshing sleep they need, as well as purpose in their daily living. Heal those who are confined to bed because they are ill with the virus, at home, on a hospital ward, or in intensive care. Thank you for all who are caring for others, and give them all the resources they need, practical, mental and spiritual. In the name of Jesus. Amen.

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8 The Garden, or (if you do not have one) a local green space

We now have the opportunity to spend time in gardens and green spaces. The reduction in pollution and the increased activity of wildlife during lockdown show the harm that our normal way of life does to the environment. Now is the time to re-connect with the natural world.

Lord God, help us to enjoy your creation, and to show that enjoyment by living sustainably within it. Refresh us in body and soul as we spend time outdoors. In the name of Jesus. Amen.

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Closing Prayer

The Lord's Prayer

May the peace of God, which is beyond all understanding, keep our hearts and homes in the knowledge and love of God and of his Son, Jesus Christ our Lord; and may the blessing of God Almighty, Father, Son and Holy Spirit, remain with us now and always. Amen.

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Rev'd Margaret Le Grice
May 2020