**Hi friends, today’s prayer theme is “Driving out Fear”**

*When we are facing difficult situations like what is happening with the Coronavirus across our nation and in our city we are in need of supernatural help to deal with the fear, anxiety, and the timidity that it invokes. We are certainly asked to be prudent, to do what is safe and helpful to one another to keep the spread down, but I imagine there are some of you who have joined me who are just gripped with fear and uncertainty. Some mornings you just don’t know what to do. For you, I remind you that we have a God who has promised to be with us, to watch over us and who invites us to cast all of our cares on God. So that is what we are going to do together today. We are going to pray for a release from fear. You may want to light a candle. As guides to our prayer we will refer to two passages of scripture this morning to reflect on.*

*The first is:*

***2 Timothy 1:7-8 says,* For God has not given us the spirit of fear or timidity, but of love, power and a sound mind or self control. If you have a different translation you can read along with that.**

***And the second is:***

**There is no fear in love. But Perfect love drives out all fear, because fear has to do with punishment. The one who fears is not made perfect in love. ( 1 John 4:18).**

*What I love about this passage is that God has prepared us for these moments. Instead of giving us the spirit of fear, God has given and made available to us the spirit of love, power to make it through these moments and self control to manage our emotions, and our temptations to become fearful and paralyzed by what is happening around us.*

**So if you have joined me via live stream, I invite you to repeat this prayer with me or you can simply bow your head and let it wash over you whatever works for you: If you would like me to send you a copy of the prayer make a note in the comment section and leave your email address and I will send it to you.**

**Prayer:**

*God we come to you, as you invited us in the letter of Paul to the Hebrews in 4:16. Where you said, “ come boldly and with confidence before your throne of grace, drawing near to it, that we may receive mercy and find grace to help in the time of need and in the time of trouble. “*

*God we know that these are troubled times and times of great need. God as we find ourselves overcome with fear, anxiety and timidity we offer it to you receiving from you in exchange, love, power and self control. God we need your love that you promised to give us that drives out all fear. So drive this fear out with your love. Fill us with it right now. Let us feel ourselves being drenched with your love God right now in the name of Jesus.*

 *And God we ask for your power; power to withstand the challenges we are facing right now! Challenges of work, movement, isolation, financial worry, and uncertainty! God we come this morning to put our trust in you, because you hold our future and we know that we can trust you with it and we do.*

*We trust you like Daniel did in the lions den, when you brought him out unharmed. We trust you like Joseph did, when he was cast in the pit, and ended up in the king’s palace! We trust you like Mary, when she said yes to bringing forth Jesus, during times of uncertainty, struggle, and challenge, giving us a savior we can rely on! We trust you like Ester, who in times of great danger and risk, barged into the presence of the king to advocate for her people’s well being, and secured it. We trust you like Jesus, who knew that out of all of his distresses you would deliver him! You did deliver him from many distresses. You delivered him; from fear, from death and you delivered him from the grave.*

*You gave him eternal life so that he could give us that life that goes on forever. In all those instances, they were not disappointed. Their trust was well founded, just as ours is today as we put our trust in you.*

*Finally, God, we ask for the spirit of self control. Help us to manage ourselves during this crisis. To not lose who we are, and are called to be. We are called to be people of faith who believe! Help us to follow the instructions of those you have given wisdom too, who are guiding our actions so that we might stay safe, protected, and healthy.*

*We pray for healing of this virus, for increased learning of how to manage, eradicate and treat it. We pray for our governmental leaders, our president, our families, friends and neighbors. We pray for health care workers and first responders. Surround them with your protection! Thank you for the gift of your love, your perfect love, that drives out all fear. So, today we say goodbye to our fear, our anxiety and hello to your amazing, abundant, never ending love, that is holding us in this very moment. Thank you! In Jesus name we pray and ask this in the name of the father, the son, and the Holy Spirit!*

***Amen***

*Repeat after me: I will not be afraid! My fear has been driven out by God’s love. I am made perfect and whole in that love. That is where I will live today.*

***Announcement***

*Join us on Thursday for meditation and I will see you again next Tuesday for morning prayer. On Tuesday we will pray for strength. If you have an area of prayer you would like to request. Send it to me at Myrabrown@spirituschristi.org*