

## April 27, 2020 ~Praying for our Human Spirits~

“Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” Genesis 2:7

Life Giving God, at the beginning of creation you breathed life into Adam and he became a living being. In your wisdom and according to your plan, every one of us has a human spirit very different from all other, mortal men and women and all the other animals you created. You made Adam in your own image, and each one of us, also created in your image, has our own human spirit that sets us apart in ways that you designed. We are your people, but each of us is unique, with our own gifts, talents, and purposes. Thank you, God, for creating us with the human spirit we need to accomplish the work you would have us do in this world.

Father God, thank you for the human spirit that makes us who we are. It helps us think, design, and create so many amazing things. It gives us the ability to learn, to remember, to understand, and to comprehend. Our appreciation and enjoyment of art and music is part of the human spirit you gave us. We're able to love and feel all emotions, and human spirits help us dream and work to reach our dreams. Our intentions, our ways of expressing ourselves, our free will, and our self discipline all come from the human spirit you have given us, Lord. Our confidence and security in what we had planned to do these months was no match for the confusion and insecurity of sudden sheltering and closures. Our human spirits have been wounded by a virus we cannot see with our eyes.

Heavenly Father, our human spirits are working overtime right now. Every part of us has been awakened, attacked, and alarmed these past weeks as the coronavirus came into our community, our city, our state, and our nation. Our emotions have been working overtime, and surely we find ourselves on a roller coaster going up, up, up and coming, down, down, down. We're exhausted whether on the front lines working around the clock or at home watching the clock all night while trying to understand, make decisions, and find peace with all that's changed so quickly. The spirit of the world cannot and will not rescue our broken spirits. Only you, Omnipotent God, can do that through the power of the Holy Spirit.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans [15:13](#)

Without your Holy Spirit to guide us through this storm, to protect us with wisdom in a storm of unknowns, and to anchor us in safe harbors where we are protected from the storm, our human spirits have been tossed about as we've learned of battles for life in hospitals, competitions for food and household goods in the stores, and the desperation of closings and lost jobs all around us. We need your help God, and we know our human spirit is working with the Holy Spirit in us right now to help us through the days to come.

Holy Spirit, you are God with us.

~~Help us resist stagnation and lack of purpose. Empower us to flourish and make differences with what we have, what we can give, what we can do, and how we can pray,

~~When we seem to be blanketed in darkness, turn on the light of Jesus in us. Let our words radiate the goodness of God and the gospel promise of forgiveness and salvation.

~~ Help us be compliant when weariness of government guidelines for sheltering, sanitizing, masking, and safe distancing seem to have taken control of our lives. Remind us to stop and

pray for people who must be masked and protected for long hours in essential jobs and medical facilities.

~~When fearful thinking makes us anxious, prompt us to go looking for assurance. Help us find a powerful scripture that will always remind that God loves us and will never leave us alone, no matter what.

So much of our human spirit is being held hostage by a vicious virus. In ways known only to you, Almighty God, the union of our human spirit and your Holy Spirit enables us to call on, listen to and follow our trusted guide through so many struggles and challenges in such a time as this.

Holy Spirit, by the grace of God and through the sacrifice of Jesus, we give thanks for your presence that binds with our own human spirit. In that union, we can begin every day knowing you are always in us to help us. We ask in the name of Christ Jesus that you, Holy Spirit, will be the power that sustains, energizes, and keeps our human spirits uplifted and encouraged today and every day until this virus is under control and this storm passes.