

Emergency Prayers

By Julie Filby



There are many opportunities to pray during the day that can pass us by. Enhance your family's prayer life by praying aloud whenever you hear a siren, see an emergency vehicle, or pass someone whose vehicle has broken down.

For

Young Family

Season

Summer, while this activity is valuable all year-long you might consider starting it during a summer road trip.

Needed

No items needed, other than prayer (see next page for suggestions)

Activity Plan

1. When you hear a siren; see an ambulance, fire truck or police car speeding to the scene of an accident; or see a person whose car has broken down on the side of the road (and it is not prudent to stop); pray aloud for those who are in pain or danger, as well as for those responding to the emergency, including firefighters, police personnel, EMTs, and paramedics.
2. Consider a prayer familiar to the family that can be prayed together such as The Lord's Prayer, Hail Mary, or Glory Be; or a spontaneous prayer requesting protection, guidance, wisdom, peace and comfort for all involved. Also consider praying a Prayer for Emergency Responders (see next page).
3. This habit may inspire children (as well as adults) to offer up spur-of-the-moment prayers more frequently during the day—prompted by sights and sounds—when it may not have occurred to them before, such as praying for the safety of students and teachers when a school bus passes, or praying for those who are hungry when they're at the grocery store.

Prayers for Emergency Situations

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with thee.
Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

Prayer for Emergency Responders

When they face danger—be their stronghold.
When they feel inadequate—help them do all things through Christ.
When they're upset—give them peace at all times and in every way.
When they're exhausted—give them your strength.
When they're overwhelmed—may your grace be sufficient.
When things seem impossible—remind them that nothing is too hard for you.
When they don't know what to do—show them.
When they're in trouble—be their ever-present help.
When they're confused—give them a sound mind.
When they're afraid—help them trust in you.
When their heart grows faint—be their rock.
Bring them through fire and flood, that they may praise you.
In Jesus' name, Amen.

