

# How to Pray During a Crisis: Prayer Prompts for Your Church

**When disaster strikes,  
your first thought might be,  
*What can I do?***

We as believers are called to help people in need, but those needs often seem overwhelming and distant. Feeling a sense of helplessness, you might think, All I can do is pray! While it may feel like a last resort in times like this, prayer is a powerful tool by which we can pour out our hearts to the God of the Universe, the One who can do above and beyond all that we ask or think (Ephesians 3:20).

Use this 30-day prayer guide to lift up the specific needs of survivors, relief workers, volunteers, and churches impacted by a major crisis, whether a hurricane, earthquake, flooding, or other catastrophe. Throughout each week, dwell on the Psalm of comfort and pray each day using the short prayer prompts provided.. Your prayers will bring healing and comfort to others during a time of chaos. They will also deepen your own relationship with God.

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# Psalm 46

*God is our refuge and strength,  
a helper who is always found in times of trouble.  
Therefore we will not be afraid, though the earth trembles  
and the mountains topple into the depths of the seas,  
though its water roars and foams  
and the mountains quake with its turmoil.*

*There is a river—its streams delight the city of God,  
the holy dwelling place of the Most High.  
God is within her; she will not be toppled.  
God will help her when the morning dawns.  
Nations rage, kingdoms topple;  
the earth melts when he lifts his voice.*

*The Lord of Armies is with us;  
the God of Jacob is our stronghold.*

*Come, see the works of the Lord,  
who brings devastation on the earth.  
He makes wars cease  
throughout the earth.  
He shatters bows and cuts spears to pieces;  
he sets wagons ablaze.*

*“Stop fighting, and know that I am God,  
exalted among the nations,  
exalted on the earth.”*

*The Lord of Armies is with us;  
the God of Jacob is our stronghold.*

# Rescue

1. Pray for everyone involved in this current crisis: survivors, local churches and pastors, Send Relief partners, and volunteer teams. Pray for God's direction and wisdom on the entire response. Also, pray that the Lord would be glorified in the midst of tragedy.
2. Pray for the search for survivors. Pray for help to arrive swiftly and that as many people as possible would be rescued.
3. Pray for those affected by this crisis. Ask God to comfort and strengthen them by His Spirit as they begin to process their unimaginable loss.
4. Pray for insight and divine guidance as initial assessment teams survey the affected areas. Ask God to lead them as they determine the areas of greatest need. Pray for favor with the local government as assessment teams plan their response.
5. Pray for God's favor as response teams purchase supplies for immediate needs.
6. Pray for God's wisdom as leaders organize relief efforts and identify specific people who need to be brought together for each team.
7. Pray for the physical, emotional, and mental strength of those who are working on the ground in the relief efforts. The long days and nights of meeting needs can lead to exhaustion and fatigue.
8. Pray that God would guide local church leaders and Send Relief partners to identify areas neglected or overlooked in initial assessments.
9. Pray for those traumatized by the crisis to find healing and hope for the days ahead.
10. Pray for the safety of recovery and relief teams as they help devastated areas.

## Notes

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*For he will rescue the poor who cry out  
and the afflicted who have no helper.  
He will have pity on the poor and helpless  
and save the lives of the poor.  
He will redeem them from oppression and violence,  
for their lives are precious in his sight.*

**Psalm 72:12-14**

# Restore

11. Pray that God would protect workers from strife, jealousy, resentment, and conflict so that only God's love will be seen through them.
12. Pray for people who lost loved ones in the crisis. Ask God to give them peace that surpasses all understanding.
13. Pray for the most vulnerable in communities, such as the elderly, the disabled, children, and widows, all of whom are often overlooked in a crisis.
14. Pray that the right people and resources will be available. Also, pray that the volunteer relief teams can come together quickly and smoothly.
15. Pray that Send Relief partners, local churches, and volunteer teams will be effective and efficient. Pray that they will get much work done as quickly as possible.
16. Pray that God would equip local churches physically, emotionally, and spiritually to meet the overwhelming needs around them.
17. Because the infrastructure is often severely damaged in a crisis, pray for the logistics necessary to begin recovery. Pray for the supply chain that will provide housing, transportation, and supplies to the affected areas.
18. Pray for teams and volunteers to find time to rest in the midst of the many demands on their time and energy.
19. Pray that God would use those working in the relief efforts to bring hope, encouragement, and the message of God's love to the survivors.
20. A crisis takes its toll on a person's body, mind, and soul. Pray for physical, emotional, and spiritual protection of the teams as they work.

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*The righteous cry out, and the Lord hears,  
and rescues them from all their troubles.  
The Lord is near the brokenhearted;  
he saves those crushed in spirit.*

**Psalm 34:17-18**

# Empower

- 21.** Pray for God to give the reconstruction teams wisdom and understanding as they go about the difficult task of planning and rebuilding entire neighborhoods.
- 22.** Pray that Send Relief partners, local churches, and volunteer teams will get as much work done as quickly as possible, returning families to their homes and a to sense of normalcy.
- 23.** Pray that God would equip local churches and therapists to minister to disaster victims who may be struggling with survivor's guilt.
- 24.** Because the infrastructure is often severely damaged in a disaster, pray for the logistics to begin recovery, including housing, transportation, and the efficient delivery of supplies to the affected areas.
- 25.** Pray for teams and volunteers to find time to rest in the midst of the many demands on their time and energy, allowing recovery emotionally, physically, and spiritually after their hard day's work.
- 26.** Pray that God would use volunteer and state relief teams to bring hope, encouragement, and the message of God's love to places darkened by the devastation and death that disaster brings.
- 27.** Pray for patience for everyone involved, as the emotional toll of relief and recovery work is often extremely taxing for families and individuals alike.
- 28.** Pray for the safe and prompt reunification of families separated by storms.
- 29.** Pray for delivery trucks, drivers, and unloaders to understand the significance of their work and to be motivated by their essential roles in taking care of recovering communities.
- 30.** Pray for miracles in the hearts, minds, and homes of those affected.

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*Remember your word to your servant;  
you have given me hope through it.  
This is my comfort in my affliction:  
Your promise has given me life.*

**Psalm 119:49-50**



# Pray with us

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