

Blessing for a Journey through lockdown

Holy Wisdom,
as I make this journey through isolation and anxiety,
bless me with your protection and shielding.

Keep me from judging others
and give me compassion for their struggles.

Help me keep connected,
reaching out to others in friendship and prayer.

Help me to enjoy laughter and fun,
keeping alive the spirit of play.

Give healing to those facing illness
and strength and compassion to those who care.

As my outward journey is limited and confined,
may my inward journey expand
to hold myself and others
in your tender care. Amen.