

Below is a prayer that might be recited as we [light the Shabbat candles](#).

Dear God,

We ask that You be there for us,  
as you were for our ancestors,  
a pillar in our midst.

Help us to turn to You, O God,  
for guidance during these troubled times.  
Give us strength for the weeks ahead.

Help us to reach out in love and compassion to one another,  
to support those who are ill,  
unable to leave their homes,  
or who are struggling financially.

Be with our doctors and caregivers,  
our nurses and scientists,  
as they are working to develop a cure  
and care for those who are ill.

Be with all who are ill and their families,  
offering them Your compassion.  
And, we pray, Your healing.

Be with our leaders.  
Guide them to wise decisions  
in these troubled days.

Be with us O God.  
Help us to find the inner strength  
to be patient when our nerves are tested.

Be our Still Waters  
when we are surrounded by fear  
and anxiety.

Be our Rock, to Whom we can turn  
and give our worry and fears.

Be our Shelter.

Guide our steps  
and keep us safe.

Help us to feel Your presence in these times of change.

As we light the candles this Shabbat,  
each in our own homes,  
may our kindled lamps,  
each its own point of light,  
join as the stars in the heavens --  
a community together  
welcoming Your Shabbat Peace  
Your Shabbat Love  
Your Shabbat Joy  
into our homes,  
Your day of rest that together we welcome  
more than ever before.

**For more ways to observe Shabbat from home during these times,  
visit our [Shabbat page](#) and check out "[How to Create a Meaningful Shabbat Experience at Home.](#)"**



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