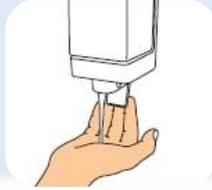


Turn your hand washing into a time of prayer...



As you wet and soap your hands thank Jesus that He is our source of **living water** (John 7:37-38) and the **cleanser** of our sins. (1 John 1:7)



As you rub your hands together thank God that even in these difficult times we can pray, and that **God always hears our prayers.** (Psalm 116 :1)



As you connect your fingers to clean the backs of your hands and the gaps between your fingers pray that even in isolation people would remain connected and that nobody would fall in between the gaps.



(1 Thessalonians 5:11)

Take a moment to ask God if there is anybody you should connect with or check in on.

1 Thessalonians 5:11 (MSG)

“So, speak encouraging words to one another. Build up hope so you’ll all be together in this, no one left out, no one left behind. I know you’re already doing this; just keep on doing it.”



Pray for those you hold closest, your family and loved ones.



Pray for those in power, church leaders and those making difficult decisions.



Pray for those all around the world battling COVID-19



As you wash your wrists know that God is in control, take a moment to acknowledge his love wrapped around you.



As you wash away the soap ask God to take with it any fear or anxiety. To fill you with his perfect peace.

(1 John 4:18)



As you turn off the tap declare that COVID-19 will **STOP** in the name of Jesus.



As you dry your hands:

Hold on to God’s promise in Revelation 21:4 that a time will come when every tear will be wiped away, where there will be no more death or mourning, crying or pain.

Amen