POPE FRANCIS prayer to Our Lady, Health of the Sick, for protection during the Coronavirus Pandemic

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus’ pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father’s will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection.

Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

An Act of “Spiritual Communion,” where we unite ourselves to God through prayer, is a beautiful way to express to God our desire to be united with Him when we are unable to complete that union in the reception of Holy Communion.

**HOW TO MAKE AN ACT OF SPIRITUAL COMMUNION**

1. **PREPARE YOUR HEART FOR AN ENCOUNTER WITH JESUS**
   Find a space to pray quietly. Place an image of Jesus and light a candle. Make the Sign of The Cross.

2. **READ AND PRAY THE MASS READINGS**
   Use a Missal or find the Bible References for the Readings on the front page of the bulletin.

3. **RECITE THE SPIRITUAL COMMUNION PRAYER**
   Meditate carefully on each word. Believe that Jesus will give you the grace of a real encounter with Him.

4. **SILENCE - Remain silent for a few moments with Jesus in your heart. Allow Him to love and nourish your soul.**

**SPIRITUAL COMMUNION PRAYER**

My Jesus, I believe that you are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already here, and unite myself wholly to You. Never permit me to be separated from You. Amen.
Prayer for Mental Healing

Jesus, I know that when you walked on the earth, you trod upon hard places, you felt the strain of this world and the pressures of mental torment. So I ask that you would come beside me now, lead me through this time where my mind cannot cope. Help me to find peace and calming inner thoughts. You hold me safe Lord, I trust in you. Amen.

A Prayer to Combat the Coronavirus Pandemic

Most merciful and Triune God, We come to you in our weakness. We come to you in our fear. We come to you with trust. For you alone are our hope. We place before you the disease present in our world. We turn to you in our time of need. Bring wisdom to doctors. Give understanding to scientists. Endow caregivers with compassion and generosity. Bring healing to those who are ill. Protect those who are most at risk. Give comfort to those who have lost a loved one. Welcome those who have died into your eternal home. Stabilize our communities. Unite us in our compassion. Remove all fear from our hearts. Fill us with confidence in your care. Jesus, I trust in you. Jesus, I trust in you. Jesus, I trust in you. Amen.

Scripture Readings

- The Lord is my shepherd, Psalm 23.
- A plea for divine protection, Psalm 90.
- The call of his Heart, Matthew 11: 25-30
- Children of God, Romans 8: 14-17
- Salvation and suffering, 1 Peter 1:3-9
- A healing day with Jesus at Capernaum, Luke 4:38-44
- The promise - a new heaven and a new earth, Revelation 21: 1-7