

## Prayers and Scripture Readings for Difficult Times

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Every crisis in life is an opportunity for us to turn to our beloved Saviour in trust and complete abandonment so as to rest in His merciful hands.

To rest in the hands of God means we are secure, despite the uncertainty of life.

It means we are free to love God and others, despite the challenges we face.

It means we raise our eyes to Heaven, rather than look down in fear.

*(from Catholic Prayers online)*

### **Prayer in the time of a Pandemic**

Loving and healing God,

we, the people of Moynalvey and Kiltale turn to you in prayer,

confident that you are with us and with all people in every moment.

We stand before you as people of hope, trusting in your care and protection.

May your faithful love support us and soothe the anxiety of our hearts.

Generous God,

fill us with compassion and concern for others, young and old,

that we may look after one another in these challenging days.

Bring healing to those who are sick with the virus and be with their families.

May those who have died rest in your eternal embrace.

Comfort their family and friends.

Strengthen and protect all medical professionals caring for the sick

and all who work in our medical facilities.

Give wisdom to leaders in healthcare and governance.

Help them to make the right decisions for the well-being of all people.

We pray in gratitude for all those in our country who will continue to work in the days ahead in so many fields of life for the sake of us all.

Bless them and keep them safe. Amen.

*(adapted from Kildare and Leighlin Diocese)*

### *Isaiah 43: 1 - 5 God Promises to Rescue his People*

Israel, the Lord who created you says, "Do not be afraid – I will save you.

I have called you by name – you are mine.

When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burnt; the hard trials that come will not hurt you.

For I am the Lord your God, the holy God of Israel, who saves you.

I will give up Egypt to set you free; I will give up Sudan and Seba.

I will give up whole nations to save your life, because you are precious to me and because I love you and give you honour.

Do not be afraid – I am with you".

*To have Hope is to have Faith.*

*To have Faith is to have a relationship with God.*

### **Prayer to St. Roch, Patron of the Sick**

O God, who by the ministry of an angel did give to glorious St. Roch, a promise engraved on a tablet that whosoever would invoke his name, would be preserved from pestilence.

Grant that we, who revere his memory, may through his intercession be delivered in soul and body from all mortal contagion, through Jesus Christ our Lord.

St. Roch, pray for us, that we may be preserved from contagious diseases. Amen.

### **Pope Francis Prayer to Mary for Protection from the Coronavirus**

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 a steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as 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.

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. Amen.

### **God of Infinite Love and Mercy**

We call upon you at this time of illness and challenge.

Grant healing and comfort to the sick and strength to all caregivers.

Aid our perseverance and lessen our distress.

May we put our trust completely in you.

Through Christ our Lord. Amen.

### **Prayer for Priests during the Coronavirus**

Eternal God,

Be with our priests this day as they seek to minister to your people.

Be a guiding and protective presence with them as they bring the consolation and hope of your word and the grace and nourishment of the Eucharist to those entrusted into their care.

Grant them strength of mind and body; keep them safe to do your will.

Give them the courage and peace to face each day with trust and confidence in you.

Into your hands O God, we commend them; fill them with your grace and healing. Amen.

*Trust in the Lord your God with all your heart.*

*(Proverbs 3: 5)*

*Matthew 7: 7 - 12 Ask, Seek, Knock.*

Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you. For everyone who asks will receive, and anyone who seeks will find, and the door will be opened to him who knocks.

Would any of you who are fathers give your son a stone when he asks for bread?

Or would you give him a snake when he asks for a fish?

Bad as you are, you know how to give good things to your children.

How much more, then, will your Father in Heaven give good things to those who ask him!

Do for others what you want them to do for you: this is the meaning of the Law of Moses and of the teachings of the prophets.

### **Prayer to the Sacred Heart**

Lord Jesus, you have said, "Ask and you shall receive, seek and you shall find, knock and the door will be opened unto you".

I come to you in faith and trust, in love and hope.

Let me know your closeness to me and your care for me and all who are dear to me.

My intention is dear to me and I know that what is important to me is important to you.

Hear my prayer for..... *(your intention)*.

Grant what I ask and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour.

Most Sacred Heart of Jesus, I place all my trust in you. Amen.

Our Father..... Hail Mary..... Glory be to the Father.....

*Philippians 4: 4 - 9 Instructions*

May you always be joyful in your union with the Lord. I say it again: rejoice!

Show a gentle attitude towards everyone. The Lord is coming soon.

Don't worry about anything but in all your prayers ask God for what you need, always asking him with a thankful heart.

And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

In conclusion, my brothers, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honourable.

Put into practice what you learnt and received from me, both from my words and from my actions. And the God who gives us peace will be with you.

### **Christ has no Body**

Christ has no body now on earth but yours; no hands but yours; no feet but yours.

Yours are the eyes through which the compassion of Christ must look out on the world.

Yours are the feet with which He is to go about doing good.

Yours are the hands with which He is to bless His people. Amen.

*(St. Teresa of Avila)*

*Remember, I have commanded you to be determined and confident!*

*Do not be discouraged or afraid, for I the Lord your God am with you wherever you go.*

*(Joshua 1: 9)*

*Matthew 11: 25 - 30 Come to Me and Rest*

At that time Jesus said, "Father, Lord of Heaven and earth I thank you because you have shown to the unlearned what you have hidden from the wise and the learned.

Yes, Father, this was how you wanted it to happen. My Father has given me all things.

No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

Come to me, all you who are tired from carrying heavy burdens and I will give you rest. Take my yoke and put it on you, and learn from me; because I am gentle and humble in spirit, and you will find rest. For the yoke I will give you is easy and the burden I put on you is light".

**Act of Spiritual Penance**

Adorable Heart of Jesus, source of true consolation and ever merciful to the penitent sinner, impart to my heart the spirit of penance, that I may be sincerely sorry for my sins.

Merciful Jesus, be my Mediator with your Heavenly Father, whom I have so grievously offended.

Help me to amend my ways.

As your Sacred Heart is my refuge and my hope when I have sinned, so let it be the strength and support of my repentance so that nothing in life or death shall ever separate me from you. Amen.

**Act of Spiritual Communion**

My Jesus, I believe that you are present in the most Blessed Sacrament.

I love you above all things and I desire to receive you into my soul.

Since I cannot now receive you sacramentally, come at least spiritually into my heart.

I embrace you as if you were already there and unite myself wholly to you.

Never permit me to be separated from you. Amen.

**Prayer for Strength from Our Lord Jesus Christ**

May our Lord Jesus Christ lay his hands upon you, may his love and peace fill your heart and soul.

May his healing power flow into every corner of your being,

to make you well in yourself and strong, to ease your aches and pains, to give you peace of mind and courage of heart and patience in your trials.

May he go before you to lead you, be behind you to guard you and be always at your side to support you.

May Almighty God, Father, Son and Holy Spirit bless you and keep you safe from harm. Amen.

*(Redemptorist Mission and Novena Book)*

*God loves us completely and unconditionally.*