

Together in prayer

In the midst of the coronavirus pandemic many of us cannot be together physically, but we can join together in prayer

The following has been prepared by Sacred Heart Southern Missions as a prayer guide for employees, volunteers and benefactors who are encouraged to pray together during the midst of the coronavirus.

"Wherever you are at 11:45 a.m., whatever you are doing, please pause for a moment or two and ask for God's blessing and healing," writes Fr. Jack Kurps, SCJ, SHSM executive director. **"I'm not asking groups to get together.** The following are prayers that you may find to be helpful, but don't feel that you have to use these. Pray as the Spirit guides you."

PRAYERS AND REFLECTIONS

Isaiah 41:10

Do not be afraid – I am with you!
I am your God – let nothing terrify you!
I will make you strong and help you;
I will protect you and save you.

A Prayer for Healing

Most Sacred Heart of Jesus,
you care for us and provide us with everything we need.
You shower us with your love and mercy.
You send people into our lives to help care for us,
especially in time of sickness or pain.

Help us to experience your presence
in the midst of the uncertainties of the coming days and weeks.
Heal those infected with the coronavirus and restore them to health.
Ease the suffering of those who are dying
and welcome into your kingdom those who have died.
Give strength to health care professionals
and give them your wisdom in their search for a cure.

Strengthen our faith that we might be filled with hope in you.
Give us patience that we might accept our own limitations.
Help us know we are not alone,
that you walk with us each moment of our lives.

Be with us, Lord, in our time of need.
Heal us in body, soul and spirit that we may rejoice
in your grace and blessings in this world
and come to enjoy the fullness of your presence in the life to come.
We make this prayer in your name,
for you are our Risen Lord, Jesus. Amen.

Adapted from our Book of Prayers

A Prayer for Protection in Time of Pandemic

O Mary, you always brighten our path
as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick,
who, at the Cross, took part in Jesus' pain
while remaining steadfast in faith.

O loving Mother, you know what we need,
and we are confident you will provide for us
as at Cana in Galilee.

Intercede for us with your Son Jesus,
the Divine Physician, for those who have fallen ill,
for those who are vulnerable,
and for those who have died.

Intercede also for those charged with
protecting the health and safety of others
and for those who are tending to the sick
and seeking a cure.

Help us, O Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who took upon himself our
sufferings and carried our sorrows,
so as to lead us, through the Cross,
to the glory of the Resurrection.

Under thy protection we seek refuge,
O Holy Mother of God.

In our needs, despise not our petitions,
but deliver us always from all dangers,
O glorious and blessed Virgin. Amen.

Adapted from the Prayer of Pope Francis by Knights of Columbus

Prayer for Peace of Mind

Sacred Heart of Jesus,
I place all my trust in you
knowing that you love me,
care for me,
and will never abandon me.

I want to be like Mary,
who, in spite of her sorrows and great pain,
was able to enjoy peace of mind
in the midst of her suffering,
confident that God was at her side
to give her courage.

Help me to know
that my suffering and pain too will pass,
as you guide me along the right path
and that only goodness and kindness
will follow me all the days of my life.
Jesus, heal my heart
and grant me peace of mind.
Amen.

From our Book of Prayer

**Sacred Heart of Jesus, have mercy on us.
Immaculate Heart of Mary, pray for us.
St. Joseph our protector, pray for us.**

More prayers on the next page:

OTHER PRAYERS:

Prayer in the midst of a pandemic

May we who are merely inconvenienced
remember those whose lives are at stake.

May we who have no risk factors
remember those most vulnerable.

May we who have the luxury of working from home
remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close
remember those who have no options.

May we who have to cancel our trips remember those that have no place to go.

May we who are losing our margin money in the tumult of the economic market
remember those who have no margin at all.

May we who settle in for a quarantine at home remember those who have no home.

During this time when we cannot physically wrap our arms around each other,
let us yet find ways to be the loving embrace of God to our neighbors.
Amen.

Interfaith Hospitality Network of Cincinnati

A Prayer Amid an Epidemic

Jesus Christ, you traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Jesus Christ, heal us.

Kerry Weber, executive editor of America.