

PRAYER RESOURCES

for any unable to be at Church

Prayers to recite frequently

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be to the Father, and to the Son: and to the Holy Spirit; As it was in the beginning, is now, and ever shall be: world without end. Amen.

Acts of Spiritual Communion

If you are unable to come to Church to receive Holy Communion, here are two ways to unite yourself spiritually with our corporate worship.

In union, O dearest Lord Jesus, with the faithful at every altar of thy Church, where thy death and passion are pleaded before the Father, I desire to offer Thee praise and thanksgiving. I present unto Thee my soul and body, with the earnest wish that I may be ever united unto Thee. And since I cannot now receive Thee sacramentally, I beseech Thee to come spiritually into my heart. I unite myself to Thee and embrace Thee with all the affections of my soul. O let nothing ever separate me from Thee and let me live and die in thy love. Amen.

Grant, O Lord Jesus Christ, that as the hem of Thy garment, touched in faith, healed the woman who could not touch Thy Body, so may my soul be healed by like faith in Thee, whom I cannot now sacramentally receive; for Thy tender mercy's sake, who livest and reignest with the Father and the Holy Ghost, one God forever and ever. Amen.

Other Prayers

Pope Francis' Prayer to Our Lady

O Mary, you always shine on 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, keeping your faith firm. You, Salvation of Your People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen. Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.

For trust in the Lord's Cross

Merciful God, through the death of your beloved Son you transformed an instrument of shame into a sign of hope and glory. Receive our prayers for the sick, and renew us in the mystery of his love; through the same Jesus Christ, the Lord of glory. Amen.