

Pandemic Prayers

Pandemic Prayer

By The Most Reverend Mark Coleridge, Archbishop of Brisbane

Almighty and all-merciful God,
lover of the human race, healer of all our wounds,
in whom there is no shadow of death,
save us in this time of crisis;
grant wisdom and courage to our leaders;
watch over all medical people
as they tend the sick and work for a cure;
stir in us a sense of solidarity beyond all isolation;
if our doors are closed, let our hearts be open.

By the power of your love destroy the virus of fear,
that hope may never die
and the light of Easter, the triumph of life,
may shine upon us and the whole world.
Through Jesus Christ, the Lord risen from the dead,
who lives and reigns for ever and ever. Amen.

Holy Mary, health of the sick, pray for us.
St Joseph, guardian of us all, pray for us.

Let Nothing Disturb You

By St. Teresa of Avila

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.

Prayer on the Corona Pandemic

By Pope Francis

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

By St. Alphonsus Liguori

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 there and unite myself wholly to You.
Never permit me to be separated from You.

Amen.

Ecumenical Prayer

from the National Council of Churches

Gracious God,
We give thanks anew for your providence and presence.
We prayerfully seek your grace, amidst COVID-19 here and overseas.
We pray for those in need of healing.
We pray for your peace with those who are anxious or grieving.
We pray you will continue to strengthen and sustain
all those who are serving in response.
We pray for your Holy Spirit's discernment
amidst the many choices and decisions
facing our national, community and medical leaders.
We pray we each might see quickly what more we can do
to help those who are vulnerable.
This prayer for our nation in the family of nations,
with all that is on our hearts,
we gather now and pray
through Jesus Christ our Lord.
Amen.

Memorare

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to your protection,
implored your help, or sought your intercession,
was left unaided.
Inspired by this confidence,
I fly unto you, O Virgin of virgins, my Mother.
To you do I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy, hear and answer me.
Amen.

Prayers of Intercession for Families

By Carole Danby

At an agreed time each day, gather the family in a designated space to pray together using the following ideas for prayer. A chime, bell or rainstick could be used after each petition to allow everyone to pray quietly ...

Leader: God, we know that you hear the cries of the poor.
In humility, we bring our petitions before you, so we pray ...

Reader: For the leaders of our nation that they may govern wisely, justly
and compassionately ... *(Use bell, rainstick or chime here then say) ...*
Lord hear us.

All: Lord hear our prayer.

Reader: For the conversion of our hearts and minds during this time of pandemic ...
Lord hear us.

All: Lord hear our prayer.

Reader: For the poor and those whose circumstances exclude them from sharing
in the riches that many Australians enjoy ... Lord hear us.

All: Lord hear our prayer.

Reader: For those who live in constant fear for their lives through hunger, violence
or displacement as we physically isolate from others ... Lord hear us.

All: Lord hear our prayer.

Reader: For the sick and vulnerable in our community,
especially those directly affected by Corona Virus ... Lord hear us.

All: Lord hear our prayer.

Reader: For health workers who tend the sick and for cleaners who keep us safe ...
Lord hear us.

All: Lord hear our prayer.

Leader: God, you know our hearts and our intentions.
Hear our prayer through Christ our Lord. Amen.

Some Scripture Texts for Reflection

1. "When I am afraid, I put my trust in you." Psalm 56:3
2. "Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." John 14:27
3. "For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7
4. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7
5. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10
6. "Immediately he spoke to them and said, 'Take courage! It is I. Don't be afraid.'" Mark 6:50
7. "The Lord is my light and my salvation-whom shall I fear? The Lord is the stronghold of my life-of whom shall I be afraid?" Psalm 27:1
8. "God is our refuge and strength, an ever-present help in trouble." Psalm 46:1
9. "Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe." Proverbs 29:25
10. "Jesus told him, 'Don't be afraid; just believe.'" Mark 5:36
11. "The Lord your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy." Zephaniah 3:17
12. "Cast your cares on the Lord and he will sustain you" Psalm 55:22
13. "Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you." 1 Peter 5:6-7
14. "When anxiety was great within me, your consolation brought joy to my soul." Psalm 94:19
15. "But now, this is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are mine." Isaiah 43:1
16. "Tell everyone who is discouraged, Be strong and don't be afraid! God is coming to your rescue..." Isaiah 35:4
17. "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34
18. "The Lord your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy." Zephaniah 3:17
19. "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you." 2 Corinthians 13:13

Links to other Resources:

Novena for A World in Need

by the Sisters of St. Joseph of the Sacred Heart

<https://www.dow.org.au/novena-for-a-world-in-need/>

Spiritual Resources for COVID-19

By Emmaus Productions

<https://www.emmausproductions.com/special-feature/spiritual-comfort-for-troubled-times-holy-week-2020/>

With Jesus in the Desert – A Retreat for a Time of Isolation

By the Jesuits

<https://www.pray.com.au/with-jesus-in-the-desert-a-retreat-for-a-time-of-isolation/>

Child's Morning Offering

By Carole Danby

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