

## **AN ACT OF SPIRITUAL COMMUNION**

(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.

## **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

## **PRAYER OF PROTECTION FROM THE PANDEMIC**

Pope Francis

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 the Roman 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.

## PRAYER TO OUR LADY OF GUADALUPE

USCCB

Holy Virgin of Guadalupe,  
Queen of the Angels and Mother of the Americas.  
We fly to you today as your beloved children.  
We ask you to intercede for us with your Son,  
as you did at the wedding in Cana.

Pray for us, loving Mother,  
and gain for our nation and world,  
and for all our families and loved ones,  
the protection of your holy angels,  
that we may be spared the worst of this illness.

For those already afflicted,  
we ask you to obtain the grace of healing and deliverance.  
Hear the cries of those who are vulnerable and fearful,  
wipe away their tears and help them to trust.

In this time of trial and testing,  
teach all of us in the Church to love one another and to be patient and kind.  
Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence,  
knowing that you truly are our compassionate mother,  
health of the sick and cause of our joy.

Shelter us under the mantle of your protection,  
keep us in the embrace of your arms,  
help us always to know the love of your Son, Jesus. Amen.

## THE LITANY OF SUPPLICATION

Used during the prayer service on Friday, March 27, 2020  
presided over by Pope Francis on the steps of St Peter's Basilica.  
Vatican News

### **We adore you, O Lord**

True God and true man, truly present in this holy Sacrament.

We adore you, O Lord

Our Savior, God with us, faithful and rich in mercy

We adore you, O Lord

King and Lord of creation and of history

We adore you, O Lord

Conqueror of sin and death

We adore you, O Lord

Friend of humankind, the Risen One, the Living One

who sits at the right hand of the Father

We adore you, O Lord

### **We believe in you, O Lord**

Only begotten Son of the Father, descended from heaven for our salvation

We believe in you, O Lord

Heavenly physician, who bows down over our misery

We believe in you, O Lord

Lamb who was slain, who offer yourself to rescue us from evil

We believe in you, O Lord

Good Shepherd, who give your life for the flock which you love

We believe in you, O Lord

Living bread and medicine for immortality, who give us eternal life

We believe in you, O Lord

### **Deliver us, O Lord**

From the power of Satan and the seductions of the world

Deliver us, O Lord

From the pride and presumption of being able to do anything without you

Deliver us, O Lord

From the deceptions of fear and anxiety

Deliver us, O Lord

From unbelief and desperation

Deliver us, O Lord

From hardness of heart and the incapacity to love

Deliver us, O Lord

### **Save us, O Lord**

From every evil that afflicts humanity

Save us, O Lord

From hunger, from famine and from egoism

Save us, O Lord

From illnesses, epidemics and the fear of our brothers and sisters

Save us, O Lord  
From devastating madness, from ruthless interests and from violence  
Save us, O Lord  
From being deceived, from false information and the manipulation of consciences  
Save us, O Lord

**Comfort us, O Lord**

Protect your Church which crosses the desert  
Comfort us, O Lord  
Protect humanity terrified by fear and anguish  
Comfort us, O Lord  
Protect the sick and the dying, oppressed by loneliness  
Comfort us, O Lord  
Protect doctors and health care providers exhausted  
by the difficulties they are facing  
Comfort us, O Lord  
Protect politicians and decision-makers  
who bear the weight of having to make decisions  
Comfort us, O Lord

**Grant us your Spirit, O Lord**

In the hour of trial and from confusion  
Grant us your Spirit, O Lord  
In temptation and in our fragility  
Grant us your Spirit, O Lord  
In the battle against evil and sin  
Grant us your Spirit, O Lord  
In the search for what is truly good and true joy  
Grant us your Spirit, O Lord  
in the decision to remain in you and in your friendship  
Grant us your Spirit, O Lord

**Open us to hope, O Lord**

Should sin oppress us  
Open us to hope, O Lord  
Should hatred close our hearts  
Open us to hope, O Lord  
Should sorrow visit us  
Open us to hope, O Lord  
Should indifference cause us anguish  
Open us to hope, O Lord  
Should death overwhelm us  
Open us to hope, O Lord