



The following leaflet is produced by the Catholic Liturgy Office of England and Wales. We have added additional bible texts at the end.

Prayers during a time of 'flu and illness Information about how the Church is responding practically to Coronavirus can be found here: www.cbcew.org.uk/coronavirus-guidelines should be checked regularly.

When Jesus entered Peter's house, he saw his mother-in-law lying sick with a fever. He touched her hand, the fever left her, and she rose and began to serve him. That evening they brought to him many who were oppressed by demons, and he cast out the spirits with a word and healed all who were sick. This was to fulfil what the prophet Isaiah spoke: 'He took our illnesses and bore our diseases'. Matthew 8:14-17

General Prayer for Health

Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

Prayer for those in Authority

Loving God, in Christ Jesus, the servant of all, you call us to the service of others.

Grant to those who lead the community
the skill to recognise its urgent needs
and the strength to pursue the common good.
Endow us all with patience and courage,
that we may care for the suffering,
feed the hungry, shelter the homeless, and sustain the needy.
Through Christ our Lord. Amen.

Asking Mary, mother of Christ, to pray with us in our time of need

Remember, O most gracious Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you, Mother of Christ, and our Mother. To you I come, before you I stand, broken and sorrowful. O Mother of God, despise not my petitions, but in your mercy, pray with us. Our Lady of Lourdes, pray for us.

Prayer of St Ignatius Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, All I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me.

Prayer for the Household Hear us, Lord, and send your Holy Spirit to visit, and protect, to comfort and defend all who live in this house. Amen.

Prayer for Health Staff Wondrous God, author of life, you fashioned us in your likeness and breathed into us the life which is your own. Be with those whose special care is the health of mind and body. Fill their hearts with awe for the life which is your gift and sustain them daily in your service, that their hands may bring to others the comfort of your healing touch. Through Christ our Lord. Amen.

Prayer for those Affected

Merciful God, come to the help of your people. Be our shelter in this time of uncertainty and strengthen the bonds of our community. Bring healing

to all who suffer the effects of disease and assist those whose skill and art can put an end to this affliction. Through Christ our Lord. Amen.

O God, our refuge and our shield, even when we walk in the shadow of death you are there at our side. Be with your people in this time of danger: bring strength to the afflicted and protection to those untouched by disease. Give us love and courage, that we may trust in your power to save and reach out to all who need our care. Through Christ our Lord. Amen.

Spiritual Communion

There are times when people are unable to receive the Body and Blood of Christ, through illness or due to their personal disposition. Even though some may not receive 'sacramental' Communion, all are united in some way by the Holy Spirit. The traditional idea of 'spiritual' Communion is an important one to remember and reaffirm. A deep spiritual communion is possible even when we do not share together the Sacrament of the Body and Blood of Christ.

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen. Based on a prayer of St Alphonsus Liguori

Self-Isolation If there is a chance that a person has Coronavirus healthcare professionals may advise self-isolation for up to 14 days. Government advice should be followed. Those who are self-isolated may wish to spend some of the time in prayer. Use might be made of websites such as Pray as you go

[<https://pray-as-you-go.org>], Click to Pray [<https://clicktopray.org>] or Universalis [www.universalis.com] — to follow the readings at Mass each day or to join in the Prayer of the Church. Parishes will find ways of supporting people through prayer, communication (phone or social media) and practical support (food etc.).

Phrases from Scripture

O Lord, come to my rescue, Lord, come to my aid. Ps 39:14

Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise. Jer 17:14

Lord, save me Matt 14: 30

Amen, Come, Lord Jesus. Rev 22:20

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Some more scriptures to help you in your prayer.

Romans 8:28 St. Paul teaches We know that for those who love God all things work together for good, for those who are called according to his purpose.

Joshua 1:9 The Prophet Joshua teaches Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Isaiah 41:10 The Prophet Isaiah teaches Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Philippians 4:6-7 St. Paul teaches Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

John 14:1 Jesus said "Let not your hearts be troubled. Believe in God and believe in me.