**SPIRITUAL COMMUNION PRAYER**

*May be said at any time of the day or night, since Mass is always being offered somewhere. But especially fitting at communion time, when watching Mass on TV/online. Say it together if watching as a family.*

My Jesus, I believe that You are present in the Most Blessed Sacrament.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot now 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.

**THE MEMORARE**

*All are encouraged to say this traditional Marian prayer daily for an end to the COVID-19 crisis.*

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

**A BRIEF LITANY FOR THIS CRISIS**

*Consider reciting these invocations daily.*

Lord, have mercy. Christ, have mercy. Lord, have mercy.  
God the Father of heaven – have mercy on us.  
God the Son, Redeemer of the world – have mercy on us.  
God the Holy Spirit – have mercy on us.  
Holy Trinity, one God – have mercy on us.  
Holy Mary, Mother of God – pray for us.  
Saint Joseph – intercede for the dying.  
Saint Michael – protect first responders and those in danger.  
Saints Cosmas and Damian, holy physicians – assist healthcare workers.  
Saints Peter and Paul – help our bishops and keep them in health.  
Saint John Vianney – help our priests and keep them in health.  
Saint Stephen – help our deacons and keep them in health.  
Saint Thomas More – obtain wisdom and grace for our civil leaders.  
Saint Sebastian – ask God to end this pandemic swiftly.  
All you holy angels and saints – pray that we may one day join your number. Amen.

**THE ACT OF CONTRITION**

*All Catholics should have an Act of Contrition memorized. It is very laudable to pray it before bedtime.*

O my God, I am heartily sorry for having offended Thee, and I detest all my sins  
because I dread the loss of heaven and the pains of hell, but most of all  
because I have offended Thee, my God, who art all-good and deserving of all my love.  
I firmly resolve, with the help of Thy grace: to confess my sins, to do penance,  
and to amend my life. Amen.