

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.