

## **Spiritual Communion Prayer**

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 in 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.

Countless saints incorporated this type of prayer into their daily lives, not being satisfied with receiving Jesus in the Eucharist once a week or even once a day. Making an act of spiritual communion for them was an essential part of life and drew them closer to God on a daily basis.

## **Prayer Cards**

In this time of need, Archbishop Jose H. Gomez of Los Angeles, president of the USCCB invites the faithful to seek together the maternal intercession of Our Lady of Guadalupe. Below are prayer cards for download.

English: <http://www.usccb.org/about/communications/upload/prayer-coronavirus-2020-card.pdf>

Vietnamese: <http://www.usccb.org/about/communications/upload/prayer-coronavirus-2020-card-vietnamese.pdf>

## **Pope Francis's Prayer to Mary during Coronavirus Pandemic**

Pope Francis composes a prayer to Our Lady, Health of the Sick, to implore her protection during the Covid-19 coronavirus pandemic. Translation courtesy of Vatican News.

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. Amen.

## **Covid-19: A Prayer of Solidarity**

For all who have contracted coronavirus,  
*We pray for care and healing.*

For those who are particularly vulnerable,  
*We pray for safety and protection.*

For all who experience fear or anxiety,  
*We pray for peace of mind and spirit.*

For affected families who are facing difficult decisions between food on the table or public safety,  
*We pray for policies that recognize their plight.*

For those who do not have adequate health insurance,  
*We pray that no family will face financial burdens alone.*

For those who are afraid to access care due to immigration status,  
*We pray for recognition of the God-given dignity of all.*

For our brothers and sisters around the world,  
*We pray for shared solidarity.*

For public officials and decisionmakers,  
*We pray for wisdom and guidance.*

Father, during this time may your Church be a sign of hope,  
comfort and love to all.

*Grant peace.*

*Grant comfort.*

*Grant healing.*

*Be with us, Lord.*

Amen.

Copyright © 2020, United States Conference of Catholic Bishops. All rights reserved. This text may be reproduced in whole or in part without alteration for nonprofit educational use, provided such reprints are not sold and include this notice.