

## **Prayer to Face the Pandemic**

God, Our Father:  
Since you are with us,  
nothing that has happened, nothing still to come,  
can rob us of our hope in Christ.

Sustain us, we beg you,  
during this time of uncertainty.  
Bless all the emergency and medical personnel  
who are caring for the sick  
and working to contain the outbreak.

Grant swift recovery to those who are affected  
and comfort to their families and loved ones.  
Encourage those who are afraid.

Bind us now, more than ever,  
to you and to each other,  
so that we may triumph  
by the power of him who loves us,  
our Lord Jesus Christ, your Son,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
one God for ever and ever.

Amen

St. James Cathedral  
Archdiocese of Seattle

## **A Coronavirus Prayer**

Jesus Christ, you traveled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Jesus Christ, heal us.

Amen

Kerry Weber  
Executive Editor  
America Magazine

## **Prayer for a Pandemic**

May we who are merely inconvenienced  
remember those whose lives are at stake.

May we who have no risk factors  
remember those most vulnerable.

May we who have the luxury of working from home  
remember those who must choose between  
preserving their health or making their rent.

May we who have the flexibility to care for our children  
when their schools close  
remember those that have no options.

May we who have to cancel our trips  
remember those who have no safe place to go.

May we who are losing our margin money  
in the tumult of the economic market  
remember those who have no margin at all.

May we who settle in for a quarantine at home  
remember those who have no home.

As fear grips our country,  
let us choose love during this time when we  
cannot physically wrap our arms around each other,  
let us yet find ways to be the loving embrace  
of God to our neighbor.

Amen

**Excerpt from the Prayer of Saint Patrick's Breastplate**

**I arise today**

**Through the strength of Christ's birth with His baptism,  
Through the strength of His crucifixion with His burial,  
Through the strength of His resurrection with His ascension,**

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

**I arise today**

**Through a mighty strength, the invocation of the Trinity,  
Through belief in the Threeness,  
Through confession of the Oneness  
of the Creator of creation.**

**Amen**

### **Prayer to Entrust Anxiety to the Blessed Mother**

O Holy Mary, my Queen,  
I commend myself, body and soul,  
to your merciful care today and every day,  
especially in the hour of my death.

To you I entrust all my anxieties and sufferings,  
my life and the end of my life,  
that through your intercession  
all my actions may be directed and disposed  
according to the will of your Son, Jesus Christ.

Amen

Saint Aloysius Gonzaga  
Patron saint of plague victims