



PRAYERS AT HOME
WHEN GATHERING
FOR MASS
IS NOT POSSIBLE

In these extraordinary times when we cannot gather as a Christian Community to celebrate Mass, let us unite ourselves spiritually to the Mass as it is being celebrated by our priests.

You can do this by joining broadcast Masses on radio, or television or via the internet. These sources are listed on our website.

If these are not available to you, you are encouraged to pray the following prayers at the normal time for the celebration of Mass on Sunday or a weekday or at any other suitable time. These prayers can be prayed alone or with your family.

If possible, prepare a suitable prayer space with a crucifix, holy picture or even a simple candle.

Introduction

In the name of the Father, and of the Son and of the Holy Spirit. Amen

“In truth I tell you once again, if two of you on earth agree to ask anything at all, it will be granted to you by my Father in heaven. For where two or three meet in my name, I am there among them.” *Mt: 18:19-20*

As you light the candle pray:

Lord Jesus you came as a light that shines in darkness and a light that darkness cannot overpower (*Jn: 1:5*) - enlighten our hearts and minds to your presence in our midst.

Act of Penance

For the times when we have failed to love God and to love each other we ask for God's forgiveness.

Lord have mercy, Christ have mercy, Lord have mercy. We pray :

(Pause for Silent Prayer)

Almighty and merciful God

look with compassion on our affliction,

and so lighten your children's burden and confirm our faith that we may

always trust without hesitation in your fatherly providence.

Through 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

Listening to God's Word

The Lord is my shepherd, there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me to revive my drooping spirit. He guides me along what he knows to be right.

If I walk in the darkness, no evil would I fear.

I know that he will be there, with his crook and with his staff. The Lord has prepared, such a banquet for me.

Surely goodness and kindness shall follow after me.

In the Lord's own house shall I dwell all the days of my life. (*Psalm 23*)

A Reading from the Gospel According to Matthew

"At that time Jesus exclaimed, I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to little children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'" (*Mt* 11:26-29)

The Gospel of the Lord - Thanks be to God

If you have internet access, you can replace this Gospel reading with the relevant daily readings which are available at www.usccb.org/bible/readings

(Pause for a moment of silent reflection on the Gospel)

Intercessions

We bring our needs and prayers before our heavenly Father.

We pray for our world at this time *(Pause for silent prayer)*

Lord grant healing and comfort to those who are afflicted by the Coronavirus. We pray for our health professionals, our caretakers and clergy who are working with those who are sick. *(Pause)*

Lord protect them and strengthen them as they provide care in your name.

We pray for our civil leaders *(Pause)*

Lord inspire them to make wise decisions in these days.

We pray for our Scientists *(Pause)*

Lord enlighten them as they work to understand what is happening - guide their work as they strive to find ways to treat and protect us.

We pray for those who are anxious in these days *(Pause)*

Lord ease their fears and grant them the consolation of your presence.

We pray for those who suffer in any way at this time - the poor, the hungry, the homeless - those who suffer from persecution, war, violence - those who are depressed, lonely or Sad. *(Pause)* Lord help them in their need.

We pray for our families and friends *(by name)* - Lord protect them and look after them.

We pray for a spirit of charity among our fellow country men and women *(Pause)*
Lord, at this time of national crisis, help the people of the United States to be
generous and to look out for and care for each other.

We pause to pray for our own private intentions. *(Pause to mention intentions)*
Lord hear my prayer.

We pray for our loved ones who have died *(Pause)* Lord enfold them ever more
closely in your loving embrace.

Father, we ask you to hear these our prayers and if it be your will to answer them for we
make them in faith and love and trust thorough Christ our Lord, Amen.

The Lord's Prayer

As God's family we pray as Jesus himself taught us:

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will
be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our
trespasses as we forgive those who trespass against us; and lead us not into temptation,
but deliver us from evil. Amen

*While we cannot receive communion at this time we can still make an act of Spiritual
Communion in which we express our faith in Jesus and in his presence in the Eucharist
and invite him to unite himself with us.*

Act of Spiritual Communion

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 into 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. (St Alphonsus de Liguori)

(Pause for silent prayer)

O Sacred Banquet, in which Christ is received, the memory of his Passion is recalled,
the soul is filled with grace, and the pledge of future glory is given us.
(Antiphon for Corpus Christi)

Concluding Prayer

Let us Pray (*Pause for silent prayer*)

Merciful Lord,

You know the anguish of the sorrowful,

You are attentive to the prayers of the humble. Hear your people who cry out to you in their need, And strengthen their hope in your lasting goodness;

We ask this through Christ our Lord. Amen

We turn to the maternal intercession of Our Lady of Guadalupe

Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas.

We fly to you today as your beloved children.

We ask you to intercede for us with your Son, as you did at the wedding in Cana. Pray for us, loving Mother, and gain for our nation and world, and for all our families and loved ones, the protection of your holy angels, that we may be spared the worst of this illness.

For those already afflicted, we ask you to obtain the grace of healing and deliverance. Hear the cries of those who are vulnerable and fearful, wipe away their tears and help them to trust.

In this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence, knowing that you are truly are

Our compassionate mother, health of the sick and cause of our joy.

Shelter us under the mantle of your protection, keep us in the embrace of your arms, help us always to know the love of your Son, Jesus.

Amen.

Prayer of Blessing

St Michael, the Archangel, Protect and Pray for us. Amen.

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

In the Name of the Father, and of the Son and of the Holy Spirit. Amen.

Remember to extinguish the lighting candle

Additional Prayers

Memorare

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 with this confidence, I fly to 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.

Psalm 91

“You will not fear the terror of the night,
nor the arrow that flies by day,
nor the plague that prowls in the darkness,
nor the scourge that lays waste at noon.
A thousand may fall at our side,
ten thousand fall at your right, you it will never approach;
his faithfulness is buckler and shield.”

Liturgical texts from The Roman Missal

Our Lady of Perpetual Help

Mother of Perpetual Help, you have been blessed and favored by God.
You became not only the Mother of the Redeemer but the Mother of the redeemed as well.

We come to you today as your loving children.

Watch over us and take care of us.

As you held the child Jesus in your loving arms, so take us in your arms.

He who is mighty has done great things for you,
and God's greatest fear is that,

in time of temptation, we may fail to call out to you
and become lost children.

Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus,
final perseverance, and the grace always to call upon you,
Mother of Perpetual Help.



Our Lady of Perpetual Help, Pray for us.