



Diocese of Sioux City

**Spiritual Prayers and Devotions
For Use by Catholics Outside of the Holy Sacrifice of the Mass**

Prayer During the Coronavirus Pandemic

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 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.



Sunday Prayer at Home

Below are recommendations for how to keep spiritual communion at home when unable to participate in the Holy Sacrifice of the Mass. The recommendations can be adapted based upon personal and family needs.

Leader: + In the name of the Father, and of the Son, and of the Holy Spirit.
All: Amen

Leader: Let us take a moment to call to mind our sins.

All: I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done
and in what I have failed to do,
And, striking their breast, they say:
through my fault, through my fault,
through my most grievous fault;
Then they continue:
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Leader: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.
All: Amen

Take time to read and reflect upon the readings from Sunday Mass. You can find the readings at usccb.org , through smart phone apps, such as Laudate or iMissal, or through a televised version of the Mass. You could also reflect on this reading:

Reader:

A Reading from the Second Letter of St. Paul to the Corinthians

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

The Word of the Lord

All: Thanks be to God

Following the reciting and time spent reflecting on the readings, the Intercessions are prayed:

Leader: The Lord Jesus loves our brothers and sisters who are ill or afraid. With trust let us pray to him that he will comfort them, and us, with his grace. Please respond with the following response:

Response: *Lord, give us all the comfort of your presence.*
(repeat after each intercession)

Leader: Lord Jesus, you came as healer of body and spirit, in order to cure our ills:

You were a man of suffering, but it was our infirmities that you bore, our sufferings that you endured:

You chose to be like us in all things, in order to assure us of your compassion:

At the foot of the cross your Mother stood as companion in your sufferings, and in your tender care you gave her to us as our Mother:

Be with all those who are sick or afraid because of this epidemic; and be with ministers, scientists, health professionals, public officials, and all who are serving the common good in this difficult and uncertain time:

The Leader may invite the family to add additional intercessions

Leader: Let us pray in the words our Savior gave us
Our Father....

Following the Lord's Prayer, one of the following Spiritual Communion prayers is recited

An Act of Spiritual Communion by St. Alphonsus Liguori

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.
Amen.

or

Prayer to the Most Holy Redeemer (Anima Christi)

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, embolden me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within thy wounds hide me.
Never permit me to be parted from you.
From the evil Enemy defend me.
In the hour of my death call me.
and bid me come to thee,
that with your saints I may praise thee
for age upon age.
Amen.

Lastly, the Leader offers the concluding prayer

Leader: Almighty ever-living God, eternal health of believers,
 hear our prayers for your servants who are sick:
 grant them, we implore you, your merciful help,
 so that, with their health restored,
 they may give you thanks
 in the midst of your Church.
 Through Christ our Lord.

All: Amen.

All make the sign of the cross as the leader prays:

Leader: + May the Lord bless us, protect us from all evil, and bring us to everlasting life.

All: Amen.

This liturgical service is provided in part by the Archdiocese of Washington and the Diocese of Davenport.

How do we pray with Sacred Scripture?

Spiritual reading of Sacred Scripture, especially the Gospels, is an important form of meditation. This spiritual reading is traditionally called *lectio divina* or divine reading. *Lectio divina* is prayer over the Scriptures.

1. The first element of this type of prayer is reading (*lectio*): you take a short passage from the Bible, preferably a Gospel passage and read it carefully, perhaps three or more times. Let it really soak-in.
2. The second element is meditation (*meditatio*). By using your imagination enter into the Biblical scene in order to "see" the setting, the people, and the unfolding action. It is through this meditation that you encounter the text and discover its meaning for your life.
3. The next element is prayer (*oratio*) or your personal response to the text: asking for graces, offering praise or thanksgiving, seeking healing or forgiveness. In this prayerful engagement with the text, you open yourself up to the possibility of contemplation.
4. Contemplation (*contemplatio*) is a gaze turned toward Christ and the things of God. By God's action of grace, you may be raised above meditation to a state of seeing or experiencing the text as mystery and reality. In contemplation, you come into an experiential contact with the One behind and beyond the text.



Traditional Catholic Prayers For Use at Home

Our Father

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.

Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy
womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Glory Be (Doxology)

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end. Amen.

The Apostles' Creed

I believe in God, the Father
almighty, Creator of heaven
and earth, and in Jesus Christ,
his only Son, our Lord, who
was conceived by the Holy
Spirit, born of the Virgin Mary,
suffered under Pontius Pilate, was
crucified, died and was buried; he
descended into hell; on the third

day he rose again from the dead;
he ascended into heaven, and is
seated at the right hand of God
the Father almighty; from there

he will come to judge the living
and the dead.

I believe in the Holy Spirit, the holy
catholic Church, the communion
of saints, the forgiveness of sins,
the resurrection of the body, and
life everlasting. Amen.

The Nicene Creed

I believe in one God, the Father
almighty, maker of heaven
and earth, of all things visible
and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all
ages. God from God, Light
from Light, true God from
true God, begotten, not made,
consubstantial with the Father;
through him all things were
made. For us men and for our
salvation he came down from
heaven, and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under
Pontius Pilate, he suffered death
and was buried, and rose again
on the third day in accordance
with the Scriptures. He ascended
into heaven and is seated at the
right hand of the Father. He will
come again in glory to judge
the living and the dead and his
kingdom will have no end.

I believe in the Holy Spirit, the
Lord, the giver of life, who
proceeds from the Father and the
Son, who with the Father and the

Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen

How to Pray the Rosary

Make the Sign of the Cross.
Holding the Crucifix, say the Apostles' Creed.

On the first bead, say an Our Father.

Say three Hail Marys on each of the next three beads. Say the Glory Be.

Go to the main part of the rosary. For each of the five decades, announce the Mystery, then say the Our Father. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.

(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy.")

After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Mysteries of the Rosary

Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of the Child Jesus after Three Days in the Temple

Luminous Mysteries

1. The Baptism at the Jordan
2. The Miracle at Cana
3. The Proclamation of the Kingdom and the Call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit at Pentecost
4. The Assumption of Mary
5. The Crowning of the Blessed Virgin as Queen of Heaven and Earth

How to Pray the Divine Mercy Chaplet

1. Make the Sign of the Cross

2. Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

3. On the First Three Beads of the Rosary say:

Our Father
Hail Mary
The Apostles' Creed

6. On the large bead of each decade say the Eternal Father Prayer:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. On the 10 Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

10. Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

Prayer for a Sick Person

Dear Jesus, Divine Physician and Healer of the Sick, we turn to You in this time of illness. O dearest Comforter of the Troubled, alleviate our worry and sorrow with Your gentle love, and grant us the grace and strength to accept this burden. Dear God, we place our worries in Your hands. We ask that You restore, N., Your servant to health again. Above all, grant us the grace to acknowledge Your holy will and know that whatsoever You do, You do for the love of us. Amen.

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 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.

Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail, Mary, full of grace,
the Lord is with thee.

Blessed art thou among women
and blessed is the fruit of thy
womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary.

V. And the Word was made flesh.

R. And dwelt among us.

Hail Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection.

Through the same Christ, our Lord.
Amen.

Prayer to St. Joseph

Blessed Joseph, husband of Mary,
be with us this day.

You protected and cherished the Virgin;
loving the Child Jesus as your Son,
you rescued Him from the danger of death.

Defend the Church,
the household of God,

purchased by the Blood of Christ.
Guardian of the Holy Family,
be with us in our trials.

May your prayers obtain for us
the strength to flee from error
and wrestle with the powers of corruption
so that in life we may grow in holiness
and in death rejoice in the crown of victory.
Amen.

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die.
Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart,
in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians,
and in particular for the intentions of the Holy Father this month.
Amen.

Litany of the Cross

The cross is the hope of Christians
the cross is the resurrection of the dead
the cross is the way of the lost
the cross is the savior of the lost
the cross is the staff of the lame
the cross is the guide of the blind
the cross is the strength of the weak
the cross is the doctor of the sick
the cross is the aim of the priests
the cross is the hope of the hopeless
the cross is the freedom of the slaves
the cross is the power of the kings
the cross is the water of the seeds
the cross is the consolation of the bondsmen
the cross is the source of those who seek water
the cross is the cloth of the naked.
We thank you, Father, for the cross.

Prayer to One's Guardian Angel

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide. Amen.

Repentance Prayer

Loving Father, you are the source of all goodness and love, and you never refuse forgiveness to those who come to you with repentant hearts.
Mercifully listen to my prayer.
Look with kindness upon me and forgive me for all my sins and failures.
Give me the grace to acknowledge them before you.
Help me to look into my life and see the many ways I have displeased you in my relationship with you, with my loved ones and friends,
through the sin of pride, the sin of anger, lust or weakness of the flesh, envy, greed, gluttony and sloth and for all the negative consequences that resulted from them.
Forgive me for my inability to be faithful to your commandments.
And bless me with humility to repent with a sincere and contrite heart.
Give me the strength to fight future temptations to sin and to avoid being exposed to occasions for sin.
Give me the patience and perseverance to make amends in my life and be transformed as you will.
All these I pray in Jesus' name through Mary and all the angels and saints.
Amen.

Prayer for Holiness

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love only what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me so, O Holy Spirit, that I may always be holy.
Amen.

Act of Contrition

My God,
I am sorry for my sins with all
my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above
all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me
to sin.
Our Savior Jesus Christ suffered
and died for us.
In his name, my God, have mercy.

Prayer for Peace

Lord, make me an instrument of
your peace.
Where there is hatred, let
me sow love; where there is
injury, pardon;
where there is doubt, faith; where
there is despair, hope;
where there is darkness, light; and
where there is sadness, joy.
Grant that I may not so much seek
to be consoled as
to console,
to be understood as to understand,
to be loved as
to love;
for it is in giving that we receive, it
is in pardoning that we
are pardoned,
And it is in dying that we are born
to eternal life.
—St. Francis of Assisi

A Prayer for Trust

O Christ Jesus, when all is darkness and
we feel our weakness and helplessness,
give us the sense of Your presence, Your

love, and Your strength. Help us to have
perfect trust in Your protecting love and
strengthening power, so that nothing may
frighten or worry us, for, living close to
You, we shall see Your hand, Your
purpose, Your will through all things.

Promises of Consolation to Christ

We promise for the future that We will
console Thee, O Lord.
For the forgetfulness and ingratitude of
men, We will console Thee, O Lord.
For the way Thou art neglected in Thy holy
tabernacle, We will console Thee, O Lord.
For the crimes of sinners,
We will console Thee, O Lord.
For the sacrileges which profane Thy
Sacrament of Love,
We will console Thee, O Lord.
For the irreverence displayed in Thy
presence, We will console Thee, O Lord.
For the coldness on the part of Thy
children, We will console Thee, O Lord.
For their contempt of Thy loving
invitations, We will console Thee, O Lord.
For the faithlessness of those who call
themselves Thy friends,
We will console Thee, O Lord.
For the bad example we have given,
We will console Thee, O Lord.
For the abuse of Thy grace,
We will console Thee, O Lord.
For our long delay in loving Thee,
We will console Thee, O Lord.
For our past sins,
We will console Thee, O Lord.
For our own unfaithfulness,
We will console Thee, O Lord.
For our indifference in Thy service,
We will console Thee, O Lord.
For keeping Thee waiting at the door of our
hearts, We will console Thee, O Lord.
For Thy sighs and tears,
We will console Thee, O Lord

Prayer to St. Michael

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.
Amen.

Prayer of St. Gertrude

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

Act of Resignation

My Lord God, even now I accept at Thy hands, cheerfully and willingly, with all its anxieties, pains and sufferings, whatever kind of death it shall please Thee to be mine. Amen.

Litany of the Saints In a Time of Epidemic or Plague

V: Rise up, O Lord, and help us,
R: And deliver us, for Your name's sake.
V: We have heard, O God, with our own ears
R: The things which our fathers have told us.
V: Glory to the Father, and to the Son, and to the Holy Spirit,
R: As it was in the beginning, is now, and will be forever, Amen.
V: Rise up, o Lord, and help us,
R: And deliver us for Your name's sake.

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| Lord, have mercy. | Lord, have mercy. |
| Christ, have mercy. | Christ, have mercy. |
| Lord, have mercy. | Lord, have mercy. |
| Christ, hear us. | Christ, graciously hear us. |
| God the Father of Heaven, | Have mercy on us. |
| God the Son, Redeemer of the world, | Have mercy on us. |
| God, Holy Spirit, | Have mercy on us. |
| Holy Trinity, one God, | Have mercy on us. |

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| Holy Mary, Mother of God, | Pray for us. |
| Saint Michael, | Pray for us. |
| Saints Gabriel and Rafael, | Pray for us. |
| All holy angels of God, | etc. |
| St. John the Baptist, | |
| St. Joseph, | |
| All holy patriarchs and prophets of God, | |
| St. Peter, | |
| St. Paul, | |
| St. Andrew, | |
| St. James, | |
| St. Thomas, | |
| St. James, | |
| St. Philip, | |
| St. Bartholomew, | |
| St. Matthew, | |
| St. Simon, | |
| St. Jude, | |
| St. Matthias, | |
| St. Barnabas, | |
| St. Luke, | |
| St. Mark, | |
| All holy Apostles and evangelists, | |
| All holy disciples of the Lord, | |
| All holy innocents, | |

St. Stephen,
St. Lawrence,
St. Vincent,
St. Ephraim,
Sts. Fabian and Sebastian,
Sts. John and Paul,
Sts. Cosmas and Damian,
Sts. Perpetua and Felicity,
St. Maximilian Kolbe,
All holy martyrs of Christ,
St. Sylvester,
St. Ignatius,
St. Athanasius,
St. Gregory,
St. Basil,
St. Ambrose,
St. Augustine,
St. Jerome,
St. Martin,
St. Nicholas,
St. Hilarius,
St. Patrick,
St. Leo,
St. Boniface,
St. Anselm,
St. Thomas Aquinas,
St. Bonaventure,
St. Charles Borromeo,
St. Pius,
St. Paul VI,
St. John XXIII,
St. John Paul II,
All holy bishops and confessors,
All holy doctors,
St. Anthony,
St. Benedict,
St. Bernard,
St. Dominic,
St. Francis,
St. John Vianney,
St. Pio of Pietrelcina,
All holy priests and deacons,
All holy monks and hermits,
St. Mary Magdalene,
St. Anne,
St. Agatha,

St. Lucy,
St. Agnes,
St. Cecilia,
St. Monica,
St. Anastasia,
St. Catherine,
St. Clare,
St. Teresa,
St. Therese of Lisieux,
St. Elizabeth of the Trinity,
St. Teresa Benedicta of the Cross,
All holy virgins and widows,
St. Juan Diego,
St. Thomas More,
(additional names of saints may be added)
All holy men and women, saints of God,

Lord, be merciful.
From all evil,
From all sin,
From your wrath,
From a sudden and unprovided death,
From the snares of the devil,
From anger, hatred, and all ill-will,
From the spirit of uncleanness,
From lightning and tempest,
From earthquakes and natural disasters,
From famine, plague, and war,
From everlasting death,
By the mystery of your holy Incarnation,
By your coming,
By your birth,
By your baptism and holy fasting,
By your Cross and Passion,
By your death and burial,
By your holy Resurrection,
By your wonderful Ascension,
By the coming of the Holy Spirit,
On the day of Judgment,

Be merciful to us sinners.
That you will spare us,
That you will pardon us,
That it may please You to bring us to true penance,
Guide and protect your holy Church,

Lord, save your people.
Lord, save your people.
etc.

Lord, hear our prayer.
Lord, hear our prayer.
etc.

Preserve in faith the Pope and all those in Holy Orders,
Humble the enemies of your holy Church,
Give peace and unity to the whole Christian people,
Bring unbelievers to the light of the Gospel,
Strengthen and preserve us in Your holy service,
Raise our minds to desire the things of Heaven,
Reward our benefactors with eternal blessing,
Deliver our souls from eternal damnation, and the souls of our brethren, relatives, and
benefactors,
Give and preserve the fruits of the earth,
Grant eternal rest to all the faithful departed,
Deliver us from the scourge of pestilence,
Deliver us from the scourge of pestilence,
That it may please you to hear us, O Jesus, Son of the living God,

Lamb of God, who takes away the sins of the world,
Lamb of God, who takes away the sins of the world,
Lamb of God, who takes away the sins of the world,
Christ, hear us.

Hear us, O Lord!
Graciously hear us, O Lord!
Have mercy on us.
Christ, graciously hear us.

V: Deal not with us, O Lord, as our sins deserve.
R: Nor take vengeance on us for our transgressions.
V: Help us, O God, our Savior.
R: And deliver us, O Lord, for Your name's sake.
V: Lord, do not keep in mind our former sins.
R: Let us know your compassion, for we are exceedingly poor.
V: Pray for us, O Holy Mother of God,
R: That we may be made worthy of the promises of Christ.
V: Lord, give heed to our prayer.
R: And let our cry be heard by You.
V: The Lord be with you.
R: And with your Spirit.

Let us pray:

Hear us, O God our Savior, and by the intercession of glorious Mary, Mother of God, ever Virgin, and of St. Sebastian, Your martyr, and of all Your saints, deliver your people from this affliction, and in Your mercy, let them feel certain of Your infinite mercy. Mercifully heed our supplications, O Lord, and heal our infirmities of body and soul, so that, knowing Your forgiveness, we may ever rejoice in Your blessing. Therefore, with humble and contrite hearts, we beg you, Lord, to hear our sincere pleas, and graciously to avert this plague which afflicts us. Through Christ our Lord, Amen.