

# One Minute Prayers

*Join your sisters and brothers at Holy Disciples as we  
unite our hearts and minds in prayer each day.*



## Prayer For Health And Strength

**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.

*Kerry Weber, author of this prayer, is an executive editor of America Magazine.*



## *Covid-19: A Prayer Of Solidarity (USCCB)*

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 decision makers,  
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.



## *The 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.



## *The Anima Christi*

Soul of Christ, be my sanctification.  
Body of Christ, be my salvation.  
Blood of Christ, fill all my veins.  
Water of Christ's side, wash out my stains.  
Passion of Christ, my comfort be.  
O good Jesu, listen to me.  
In Thy wounds I fain would hide,  
Ne'er to be parted from Thy side,  
Guard me, should the foe assail me.  
Call me when my life shall fail me.  
Bid me come to Thee above.  
With Thy saints to sing Thy love,  
World without end. Amen.

## *Prayer For Peace*

### **St. Francis of Assisi**

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.

## *The Divine Praises*

Blessed be God.  
Blessed be his holy Name.  
Blessed be Jesus Christ, true God  
and true Man.  
Blessed be the name of Jesus.  
Blessed be his most Sacred Heart.  
Blessed be his most Precious Blood.  
Blessed be Jesus in the most holy  
Sacrament of the altar.  
Blessed be the Holy Spirit, the  
Paraclete.  
Blessed be the great Mother of God,  
Mary most holy.  
Blessed be her holy and Immaculate  
Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin  
and Mother.  
Blessed be Saint Joseph, her most  
chaste spouse.  
Blessed be God in his angels and in  
his saints.

## *A Psalm Prayer For Anxious Times* **Psalm 46:2-4**

God is our refuge and our strength,  
an ever-present help in distress.  
Thus we do not fear, though earth be  
shaken and mountains quake to the  
depths of the sea, though its waters  
rage and foam and mountains totter  
at its surging.



## **Suscipe**

### **St. Ignatius of Loyola**

Take, Lord,  
and receive all my liberty,  
my memory,  
my understanding,  
and my entire will,  
all I have and call my own.  
You have given all to me.  
To you, Lord, I return it.  
Everything is yours;  
do with it what you will.  
Give me only your love  
and your grace,  
that is enough for me.

## **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.

## **An Act Of Spiritual Communion**

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 at this moment receive  
you sacramentally,  
come 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.

## **Our Parish Discipleship Prayer**

Good and Gracious God,  
Your Son, Jesus Christ,  
invites all people to follow him  
and become his disciples.  
Touch our hearts,  
enlighten our minds,  
and stir our spirit.  
Help us daily to take up our cross  
and follow him;  
by living his Word  
and proclaiming his Good News  
to those around us.  
May our faith in you increase,  
may our hunger for the Gospel  
intensify,  
and may our parish be strengthened  
as we learn to love one another  
as he has loved us.  
For this we pray, Amen.



***Prayer To Our Lady Of Seattle***  
**Archdiocese of Seattle**

Holy Mary,  
we come before you as spiritual children in  
great need,  
seeking your intercession, and asking that  
your mantle of love surround us  
to console, protect and lead us to your son  
Jesus.

We entrust all of God's family,  
especially the church in Western Washington,  
into your immaculate hands.

With your son Jesus' gentle power you can  
undo any knot in our church,  
and in the lives of believers who entrust  
themselves to your care.

Today we especially entrust to you  
[mention request here / an end to the  
coronavirus and help for all who have been  
afflicted by it] and we ask that -through your  
intercession, and that of St. James,  
our guardian angels, and the faithful in our  
archdiocese -

we may be free from every spiritual and  
temporal ill,  
and be safely led to encounter your son's most  
merciful, sacred heart.

Our Lady of Seattle, Undoer of Knots, pray for  
us!

