

The following three prayers are taken from 'Strong In The Face Of Tribulation', Edited by the Dicastery for Communications of the Holy See, 19 April 2020

Litany of Supplication

We adore you, O Lord
True God and one with us, truly present in the holy Sacrament.

R. We adore you, O Lord
Our Saviour, God with us, faithful and rich in mercy

R. We adore you, O Lord
King and Lord of creation and of history

R. We adore you, O Lord
Conqueror of sin and death

R. We adore you, O Lord
Friend of humankind, the Risen One, the Living One who sits at the right hand of the Father.

R. We adore you, O Lord
We believe in you, O Lord

Only begotten Son of the Father, descended from heaven
for our salvation

R. We believe in you, O Lord
Heavenly physician, who bows down over our misery

R. We believe in you, O Lord
Lamb who was slain, who offer yourself to rescue us from evil

R. We believe in you, O Lord
Good Shepherd, who give your life for the flock which you love

R. We believe in you, O Lord
Living bread and medicine for immortality, who give us eternal life

R. We believe in you, O Lord
Deliver us, O Lord

From the power of Satan and the seductions of the world

R. Deliver us, O Lord
From the pride and presumption of being able to do anything without you

R. Deliver us, O Lord
From the deceptions of fear and anxiety

R. Deliver us, O Lord

From unbelief and desperation

R. Deliver us, O Lord

From hardness of heart and the incapacity to love

R. Deliver us, O Lord

Save us, O Lord

From every evil that afflicts humanity

R. Save us, O Lord

From hunger, from famine and from egoism

R. Save us, O Lord

From illnesses, epidemics and the fear of our brothers and sisters

R. Save us, O Lord

From devastating madness, from ruthless interests and from violence

R. Save us, O Lord

From being deceived, from false information and the manipulation of consciences

R. Save us, O Lord

Comfort us, O Lord

Protect your Church which crosses the desert

R. Comfort us, O Lord

Protect humanity terrified by fear and anguish

R. Comfort us, O Lord

Protect the sick and the dying, oppressed by loneliness

R. Comfort us, O Lord

Protect doctors and healthcare providers exhausted by the difficulties they are facing

R. Comfort us, O Lord

Protect politicians and decision makers who bear the weight of having to make decisions

R. Comfort us, O Lord

Grant us your Spirit, O Lord

In the hour of trial and from confusion

R. Grant us your Spirit, O Lord

In temptation and in our fragility

R. Grant us your Spirit, O Lord

In the battle against evil and sin

R. Grant us your Spirit, O Lord

In the search for what is truly good and true joy

R. Grant us your Spirit, O Lord

in the decision to remain in you and in your friendship

R. Grant us your Spirit, O Lord

Open us to hope, O Lord

Should sin oppress us
R. Open us to hope, O Lord
Should hatred close our hearts
R. Open us to hope, O Lord
Should sorrow visit us
R. Open us to hope, O Lord
Should indifference cause us anguish
R. Open us to hope, O Lord
Should death overwhelm us
R. Open us to hope, O Lord.

Saint Patrick's Breastplate⁷

I arise today through
God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to see before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to secure me –
against snares of devils,
against temptations and vices,
against inclinations of nature,
against everyone who shall wish me
ill, afar and anear,
alone and in a crowd...
Christ, be 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 where I lie, Christ where I sit,
Christ where I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.
May your salvation, O Lord, be ever with us.

⁷*St Patrick's Breastplate* is a prayer beseeching protection. It is also known as "*The Deer's Cry*", the "*Lorica of St Patrick*", or "*St Patrick's Hymn*". Tradition attributes its authorship to St Patrick who composed it during his ministry to the people of Ireland in the 5th century.

Act of offering⁸

Lord, what You will let it be so
Where You will there we will go
What is Your will help us to know
Lord, when You will the time is right
In You there's joy in strife
For Your will I'll give my life
To ease Your burden brings no pain
To forego all for You is gain
As long as I in You remain
Because You will it, it is best
Because You will it, we are blest
Till in Your hands our hearts find rest
Till in Your hands our hearts find rest

⁸ Blessed Rupert Mayer, SJ (1876-1945), Jesuit priest: dedicated to fighting injustice, great preacher, who, beginning in the 1920s demonstrated the irreconcilable differences between the Christian Faith and National Socialism. He was arrested and interned in various concentration camps to the point that his health was seriously compromised. This is one of his prayers of trusting abandonment to the Lord in a time of difficulty.