

PRAYER FOR 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. Amen.

PRAYER FOR PROTECTION IN TIME OF 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.

Prayer by Archbishop José H. Gomez of Los Angeles, president of the U.S. Conference of Catholic Bishops.

