



PRAYING

In a Time of Sickness
as a People

Who Give and Receive Care

*In every suffering person,
especially if he or she is little or defenceless,
it is Jesus who welcomes us
and is expecting our love.*

Words of Pope Benedict XVI on the occasion of his first
visit as newly elected Pope to a children's hospital



*Jesus' revelation of himself comes through the way he shows his love and
his care for those who are weak in body or mind.*

*This is the all-powerful God in action; this is the love of God being
revealed through Jesus' interaction with those who are weakest in society.*

*The true miracle which the sick encounter when they meet Jesus is the
miracle of being loved by God.*

Archbishop Diarmuid Martin,
Our Lady Help of Christians, Navan Road Parish,
Sunday 8 February 2009

These prayers and reflections are person-centred for those giving and receiving care.

They follow the themes of the journey of World Days of the Sick which coincide each year across the world with the Celebration of the Feast of Our Lady of Lourdes on 11 February.

World Day of the Sick, originally launched by Pope John Paul II and continued by Pope Benedict XVI, is an occasion during which the whole Church bears witness with special concern to the tender mercy and love of God towards all who suffer.

It is a time to pause and be prayerfully in solidarity with the sick and with all who care for the sick.

This year, the theme of the 18th World Day of the Sick, is *'The Church in the Service of Love for the Suffering'*.

Our Lady of Lourdes
Pray for us.

Year of Evangelisation



Dublin Diocese



*The World Day of the sick . . . is a call once again to all,
to see in the face of their brother or sister who is sick
the face of Christ who, suffering, dying and rising,
brought salvation to humanity.*

John Paul II, 1st World Day of the Sick

Lend Me Your Hand

Jesus, remember me
at this time.

I have questions and concerns.
I am worried.

As you journey with me, Jesus,
in your promise of everlasting
friendship,

help me to place myself
in your care as you lend me your
hand
through the care of my carers.

Help us, Jesus, to allow God's Light
to shine through our hopes and
concerns.



*Jesus has a love of preference for the sick
and for all who suffer.*



Like the Good Samaritan, you are close to and serve the sick and suffering, respecting — first of all, and always — their dignity as persons, and, with the eyes of faith, recognising the presence of the suffering Jesus in them.

John Paul II, 2nd World Day of the Sick

Open-Hearted Carer



For each person in my care,
O loving and mysterious God,
Open my heart to their healing need.
Strengthen me.

Give me wisdom as you guide me
in my care for the sick.

Help me to see the presence of the suffering and risen Jesus
in each person and to know always that you look at me,
O Lord, through the eyes of the sick and that you love each
of us as we give and receive care from each other. Amen.

*Let us encourage one another
as we care for all the sick.*



*Listen with faith to his voice repeating to each of you:
'Come to me, all who are weary and oppressed,
and I will give you rest' (Matthew 11:28).*

John Paul II, 3rd World Day of the Sick

At an Anxious Time, Psalm 12

How long, O Lord, will you forget me?
How long will you hide your face?
How long must I bear grief in my soul,
this sorrow in my heart day and night?

Look at me, answer me, Lord my God!
Give light to my eyes lest I fall asleep in
death,
lest my enemy say: 'I have prevailed';
lest my foes rejoice to see my fall.

As for me, I trust in your merciful love.
Let my heart rejoice in your saving help.
Let me sing to the Lord for his goodness
to me,
singing psalms to the name of the Lord,
the Most High.



Look trustingly towards Jesus.

Dear brothers and sisters who experience suffering in a particular way . . . find your inspiration in Mary, Mother of love and human pain.

John Paul II, 4th World Day of the Sick



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.

The mother of Jesus is our model and guide.

You that bear the weight of suffering occupy the first places among those whom God loves. As with those he met along the roads of Palestine, Jesus directs a gaze full of tenderness at you; his love will never be lacking.

John Paul II, 5th World Day of the Sick

A Prayer for Inner Peace

Take some time to be quiet in yourself, closing your eyes, and simply pause to breathe in and out, experiencing peace for a few minutes, and then breathe in and out repeating the words:



Jesus in your love,
Have mercy on me.

Jesus in your love,
Have mercy on me.

Jesus in your love,
Have mercy on me.

God places you first in his love.

I remind you that the Lord's command to visit the sick is addressed first of all to the relatives of the ill. When carried out in a spirit of loving self-donation and supported by faith, prayer and the sacraments, the care of sick relatives can be transformed into an irreplaceable therapeutic instrument for the ill and become an occasion for everyone to discover precious human and spiritual values.

John Paul II, 6th World Day of the Sick



Family Times and Moments of Friendship

As we remember good times when our loved ones helped us on our way – times of togetherness, family times and moments of friendship –



Let us continue to cherish each one and to do for one another whatever we can, with generosity, recalling what was done for us.

O Lord, help us to continue to love one another. Amen.

Relatives show a special care for the sick.

Saint Augustine wrote, 'What will you worry about? What will you be anxious for? He who made you will take care of you. Will he who took care of you before you came into being not take care of you now . . .?'

John Paul II, 7th World Day of the Sick

You Are My Help, Psalm 70

In you, O Lord, I take refuge . . .
 In your justice rescue me, free me;
 pay heed to me and save me.
 Be a rock where I take refuge . . .
 It is you, O Lord, who are my hope,
 my trust, O Lord, since my youth.
 On you I have leaned from my birth,
 from my mother's womb you have been my help.
 My hope has always been in you . . .
 My lips are filled with your praise,
 with your glory all the day long.
 Do not reject me now that I am old;
 when my strength fails do not forsake me . . .
 O God, do not stay far off:
 My God, make haste to help me!

But as for me, I will always hope . . .
 So I will give you thanks . . .
 For your faithful love, my God.



God who made you will take care of you.

In taking on the human condition, the Son of God accepted to live it in all its aspects, including pain and death . . . In celebrating the Eucharist, Christians proclaim and share in the sacrifice of Christ, for 'by his wounds we have been healed' (cf. I Peter 2:24).

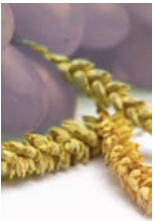
John Paul II, 8th World Day of the Sick



Carrying Communion to the Sick

All-powerful God,
we thank you for the nourishment you
give us
through your holy gift.

Pour out your Spirit upon us
and in the strength of this food from
heaven
keep us single-minded in your service.



We ask this in the name of Jesus the
Lord.
Amen.*

*A Prayer from The Pastoral Care of the Sick
following the reception of communion when sick*

Sharing in the Eucharist, sharing in the sacrifice of Jesus.

Since I too have shared the experience of illness several times in recent years, I have come to understand more and more clearly its value for my Petrine ministry and for the Church's life itself.

In expressing my affectionate solidarity to those who are suffering, I invite them to contemplate with faith the mystery of Christ crucified and risen, in order to discover God's loving plan in their own experience of pain.

Only by looking at Jesus, 'a man of sorrows, and acquainted with grief' (Isaiab 53:3), is it possible to find serenity and trust.

John Paul II, 9th World Day of the Sick

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

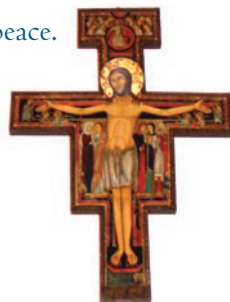
where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.



O Divine Master, 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. Amen.

Recalling that Pope John Paul II experienced illness himself.

The World Day of the Sick will begin with a moment of intense prayer for all who are suffering pain and infirmity. In this way we will express our solidarity with those who suffer, a solidarity arising from our awareness of the mysterious nature of suffering and its place in God's loving plan for every individual.

John Paul II, 10th World Day of the Sick

Mary's Loving Protection

I pray that Mary, Health of the Sick,
will continue to grant her loving protection
to all who are wounded in body and spirit,
and will intercede for those who care for them.

May she help us to unite our sufferings
with those of her Son
as we journey
in joyful hope
to the safety
of the Father's House.

*Pope John Paul II, 10th World Day of the Sick,
11 February 2002*



Let us pray in solidarity for all who are suffering.

It is in care for the sick more than any other way that love is made concrete and a witness of hope in the Resurrection is offered.

John Paul II, 11th World Day of the Sick

Sacrament of Anointing

The priest anoints the forehead of the sick person with the blessed oil of the sick, saying: Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit.

Response: Amen.

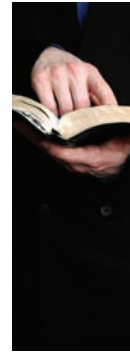
Then the priest anoints the hands, saying: May the Lord who frees you from sin save you and raise you up.

Response: Amen.

Prayer of the priest after Anointing:

Father in heaven, through this holy anointing grant our brothers and sisters comfort in their suffering. When they are afraid, give them courage, when afflicted, give them patience, when dejected, afford them hope, and when alone, assure them of the support of your holy people. We ask this through Christ our Lord.

Response: Amen.*



Love gives hope.

... suffering belongs to the ups and downs of men and women throughout history, who must learn to accept and go beyond it. And yet how can they, if not thanks to the Cross of Christ?

John Paul II, 12th World Day of the Sick



Lord's Prayer

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.



The Christian Cross is of Suffering and Resurrection.

I ask pastoral workers to bring their brothers and sisters affected by AIDS all possible material, moral and spiritual comfort. I urgently ask the world's scientists and political leaders, motivated by the love and respect due to every human person, to use every means available in order to put an end to this scourge.

John Paul II, 13th World Day of the Sick

A Prayer at Night, Psalm 4

When I call,
answer me, O God of justice;
from anguish you released me,
have mercy and hear me!
... Make justice your sacrifice and trust in the Lord.
'What can bring us happiness?' many say.
Lift up the light of your face, O Lord.
You have put into my heart a greater joy . . .
For you alone, Lord, make me dwell in safety.



Let us bring the comfort of Jesus wherever we can.

Recalling the attention that my venerable Predecessor John Paul II devoted to this annual event, I too, dear brothers and sisters, would like to be spiritually present on the World Day of the Sick, to pause in order to reflect, in harmony with those taking part . . .

Benedict XVI, 14th World Day of the Sick



Be Like the Good Samaritan

May the Holy Virgin comfort
those who are afflicted by illness
and support those who,
like the Good Samaritan,
soothe their physical and spiritual wounds.

I assure each of you
that you will be remembered in my prayer.

*Prayer for those who are sick and for all who care for the sick by
Pope Benedict XVI, 14th World Day of the Sick, 11 February 2005*

*Pope Benedict XVI shares Pope John Paul's solidarity with and
spiritual care for the sick and all carers.*

May the Blessed Virgin, our Mother, comfort those who are ill and sustain all who have devoted their lives, as Good Samaritans, to healing the physical and spiritual wounds of those who suffer.

Benedict XVI, 15th World Day of the Sick

Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to your
protection,
implored your help,
or sought your intercession,
was left unaided.

Inspired with this confidence, I fly
unto you,

O Virgin of virgins, my Mother.

To you do I come, before you I stand,
sinful and sorrowful.

O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy hear and answer me.
Amen.



Let us pray always for those who suffer and those who care.

*... the vocation of every Christian is truly that of being, together
with Jesus, bread that is broken for the life of the world.*

Benedict XVI, 16th World Day of the Sick

Cardinal Newman's Prayer

O Lord, support us all the day long
until the shadows lengthen and evening comes,
and the busy world is hushed,
and the fever of life is over,
and our work is done.

Then, in your mercy,
grant us a safe lodging,
and a holy rest, and peace at the last. Amen.



*Jesus gathers us around the Eucharistic table and provokes in his
disciples loving care for the suffering and the sick.*

The daily devotion and continuous commitment to serving sick children is an eloquent testimony of love for human life, particularly for the life of those who are weak and dependent on others in all things and for all things.

Benedict XVI , 17th World Day of the Sick



Here is a special greeting for you, dear sick and suffering children: the Pope embraces you with fatherly affection together with your parents and relatives, and assures you of his special remembrance in prayer.

Benedict XVI , 17th World Day of the Sick



Prayer prior to Eucharistic Ministers Carrying Communion to the Sick

Lord, from the beginning of time,
you have always wanted what is good for
your people.

You sent your Son to share our fears and
hopes
and to bring encouragement where there is
suffering.

May his encouragement now go with these
ministers of the Eucharist
to our sick sisters and brothers, and may we
ourselves

never fail in compassion for those in pain.
We ask this through Christ Our Lord.





Litany for a Growth in Love

In our respect for the equal dignity
of all human persons, created in your image.
May we dwell in your love, O God.

In our openness to others, relating to all
as neighbours in solidarity.
May we dwell in your love, O God.

In our welcome for the stranger with the joy
of recognising in them the face of Christ.
May we dwell in your love, O God.

In our respect for differences.
May we dwell in your love, O God.

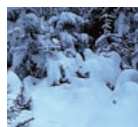
In our understanding that every person
is my brother and sister.
May we dwell in your love, O God.





Changes on Our Journey

My love, let us love each other always
even when things change
because of health or sickness.
Let us remain in love and in dignity.



If I am old or weak or weary or difficult,
do not become nervous or give up on me.



I pray with you in the Lord
that you will find
– strength for your burden
– a way to listen and to be patient and
that you will receive support as you support
me.



Work at continuing to love and understand me as we have
always struggled to do together loving one another. Amen.





Family Blessing Prayer of Saint Brigid

The Peace of the Father
be with you,
The Peace of Christ be with you,
The Peace of the Holy Spirit
be with you.
Always, each and every day
and night.
Amen.



Síocháin an Athar libh.
Síocháin Chríost libh.
Síocháin an Spioraid libh.
Gach lá agus oíche.
Amen.





Magnificat

My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her
lowliness;
henceforth all ages will call me blessed.
The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.
He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the rich away empty.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.





Prayer for Evangelisation

God our Father,
You sent Your only Son Jesus
to live among us.
Jesus shows us Your Love for us.
Help us to bring the Good News
of Your Love to one another.
Send Your Spirit
to live in us,
to work in us,
to pray in us.
Bless everyone with peace and
forgiveness so that we may share
Your Good News with
everyone we meet.
We ask this through Christ our
Lord,
Amen.



Prayer through the intercession of the servant of God, Pope John Paul II

O Blessed Trinity,
we thank you for having graced the Church
with Pope John Paul II
and for allowing the tenderness of your Fatherly care,
the glory of the cross of Christ,
and the splendour of the Holy Spirit, to shine through him.
Trusting fully in your infinite mercy
and in the maternal intercession of Mary,
he has given us a living image of Jesus the Good Shepherd,
and has shown us that holiness is the necessary measure of
ordinary Christian life and is the way of achieving eternal
communion with you.
Grant us, by his intercession, and according to your will, the
graces we implore, hoping that he will soon be numbered
among your saints. Amen.**





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.

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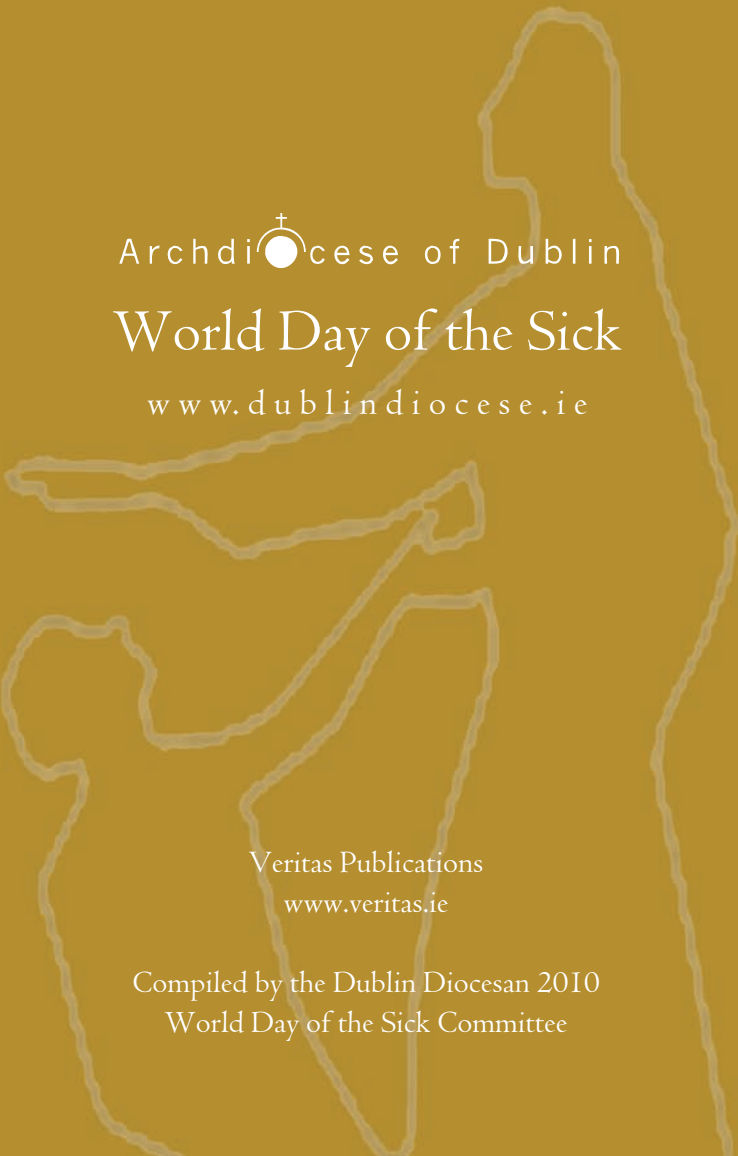
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