

Catholic Prayers when unable to attend Mass



Preparation

It might be helpful to have a focal point such as a crucifix, a holy picture, or maybe a lit candle.

Beginning

Make the sign of the cross, saying:

In the name of the father, and of the Son, and of the Holy Spirit.
Amen.

Preparing to hear God's Word

Before listening to the Word of God take a moment to reflect:

For what am I grateful to God for today?

Where did I stray from God – through words, actions or things I did not do?

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying:

Lord Jesus, you have revealed yourself as the way to the Father:
Lord, have mercy.

You have poured out on your people the Spirit of truth:
Christ, have mercy.

You are the Good Shepherd, leading us to eternal life:
Lord, have mercy.

Listening to the Word of God

From the missal or the app/website Universalis [<https://universalis.com/mass.htm>] all the readings of the Mass could now be read, namely: the First Reading, the Responsorial Psalm, the Second Reading, and the Gospel. But because it is not Mass, not all of these have to be read! One reading only could be a focus, perhaps the Gospel, which is the most important reading of all. The other readings could be sources of prayerful reading in the days ahead.

Silent reflection

Pause for a few moments of silent reflection, especially if something has especially struck during the reading. Take a few moments to reflect on it.

Intercessions

This is an opportunity to bring before God our own needs, those of our families and loved ones, and all those struggling in the world as a result of the pandemic.

Here are some prayers but take some time to add your own if you wish.

Remember that we are all part of the whole Church; even though we may be physically alone, we are spiritually present together:

For those in authority:

may they offer advice with care and integrity;
may they seek to protect the poor and vulnerable.
Lord, in your mercy. Hear our prayer

For all who work in healthcare:

give strength to all who look after the sick
so that they may bring comfort and relief to the suffering.
Lord, in your mercy. Hear our prayer

For the Church:

may she offer prayers and consolation for all those affected.
Lord, in your mercy. Hear our prayer

For our local community and all for those in need:

may those who are isolated know the support and service of
their neighbours.
Lord, in your mercy. Hear our prayer

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.
For thine is the kingdom, the power and the glory,
for ever and ever. Amen.

Spiritual Communion

Sadly it is not currently possible for Catholics anywhere in the country to attend Mass and receive Jesus Himself in Holy Communion. In its place a Spiritual Communion can instead be made, in which is expressed our strong desire to the Lord to receive him within us. Sincerely saying such a prayer can bring many graces upon us. We can use our own words, or maybe this prayer by St Alphonsus:

My Jesus,
I believe that you are present in the Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever. Amen.

After having received the Lord in Holy Communion at Mass, it is customary to pause afterwards to adore and to thank Him. Praise Him for His many graces and blessings, maybe also saying some prayer, like:

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.

Conclusion

While making the Sign of the cross, say: The Lord bless, and keep us from all evil, and bring us to everlasting life. Amen.

Additional Prayers

Pope Francis' prayer to the Virgin for protection



O Mary, you shine continuously on our journey
as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain,
with steadfast faith.

You, Star of Hope and Pillar of Wisdom,
know what we need.

We are certain that you will provide, so that,
as you did at Cana of Galilee,

joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love,

to conform ourselves to the Father's will
and to do what Jesus tells us:

He who took our sufferings upon Himself,
and bore our sorrows to bring us,

through the Cross, to the joy of the Resurrection.

Amen.

We seek refuge under your protection,

O Holy Mother of God.

Do not despise our pleas – we who are put to the test – and
deliver us from every danger,

O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven

to visit and protect, to comfort and defend

all who live and work in this establishment. Amen.