



ARCHDIOCESE
OF SEATTLE

Office of Pastoral Ministries
Prayers

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Pope Francis' Prayer to Mary during Coronavirus Pandemic

O Mary, you always shine on our path as a sign of salvation of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm.

You, Salvation of Your People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen. -Adapted from Vatican News

Prayer Against Anxiety and Depression

Lord, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love. Bless us with your strengthening power so nothing may frighten or worry us. We trust that in living close to you, we shall see your hand, your purpose, your will through all things. - St. Ignatius of Loyola

Prayer to Our Lady 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 I especially entrust to you safety in this time of the *Coronavirus*, and I 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 merciful, sacred heart.

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

*Do not fear: I am with you; do not be anxious: I am your God.
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.
-Isaiah 41:10*