

ASK AND YOU SHALL RECEIVE

A booklet of Prayers for the Sick

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FOREWORD

This booklet of selected prayers aims to be of service to the sick. The prayers are intended primarily to be said by the patients, although someone else might read them for those who are themselves unable to say the prayers.

Emphasis has been placed on brevity. Long prayers are often fatiguing to the sick. Short prayers and ejaculations often repeated are more desirable.

The first part of this booklet contains prayers that can be used by Catholics and non-Catholics alike. The second part contains prayers intended specifically for Catholics.

We hope that priests, sisters, and nurses will find this little work useful in the spiritual care of the sick.

Part I

Suitable for Catholics and Non-Catholics Alike

EVERYONE'S DAILY PRAYER

O my God, I believe in you and in everything you have revealed and taught. Give me strong faith.

I believe in one God, who will reward the good and punish the wicked. I believe that in God there are three divine Persons—God the Father, God the Son, and God the Holy Spirit.

I believe that God the Son, Jesus Christ, came on this earth and added our human nature to His divine nature in order to die on the cross for our salvation. I believe that Jesus Christ is the Redeemer of the human race and that He also died for me.

O my God, you are all-good and all-merciful. I sincerely hope to be saved. Help me to do everything that is necessary to save my soul.

Have mercy on me, O my God, and forgive me all my sins. I am sorry, truly sorry for all of them because I have offended you, who art all-good, all-holy, all-merciful, and kind.

I love you, O my God, with all my heart, and I promise that with your help I will never offend you again.

“O God, be merciful to me, a sinner.”

MORNING PRAYERS

O Lord God, who art ruler of heaven and earth, I thank you for having brought me safely to another day. Bless me and everything that I shall do. I offer up all my thoughts, words, actions, and sufferings of this day for your greater honor and glory and the good of my soul.

I believe in you because you are truth itself; I hope in you because you are faithful to your promises; I love you with my whole heart because you are worthy of all my love; and for your sake I love my neighbor as myself.

“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 trespassers as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.”

Amen. (Matt., 6:9-13)

EVENING PRAYERS

O my God, I present myself before you at the end of another day to offer you again the homage of my heart and to thank you for the many graces and blessings bestowed upon me this day.

I am sorry for the sins and negligences of this day and for the sins of my whole life, because by them I have offended you, my God. I am firmly resolved to better my life and sin no more.

Bless the repose I am about to take, so that, my bodily strength being renewed, I may be the better enabled to serve you.
Amen.

AN ACT OF RESIGNATION

O almighty Father, I accept this sickness from your Fatherly hands. Whether it be for life or death, I resign myself entirely to your holy will.

“Not my will, but Thine be done.”

AN ACT OF SELF-OBLATION

Eternal Father, I offer up to you all that I now suffer or all I may have to suffer in the future. I unite all my pains to those of our Savior Jesus Christ on the cross that they may be sanctified through His sufferings.

AN ACT OF PRAISE

Almighty eternal God, I desire to praise you. in sickness as well as in health. In praising you, I join my heart and my voice with the voice of all the faithful on earth and in heaven who praise and bless you forever.

FOR SUPPORT IN SUFFERING

O Jesus, you know how naturally I shrink from the cross, although I know that it was by the cross that you saved me and that I cannot enter heaven except by the way of Calvary. Support me in my afflictions and inspire me with that patience, that strength, and that courage which you gave to the martyrs. Since I can prove my love and gratitude to you by my suffering for your sake, help me and sustain me when I am sinking under its burden. As you suffered and died on the cross for my sins, I will accept my cross of sufferings as a means of atoning for my sins.

PRAYER FOR OTHER PATIENTS

Lord Jesus Christ, in your tender pity you delight to heal the bodies and souls of men. Pour down upon us all your grace and blessings. Have mercy upon all the sick and infirm, especially those within this hospital. Give them patience and teach them to see your good and gracious purpose working in all the trials which you send them. May all the sick find comfort in the consoling truth that sickness and sufferings can be means of obtaining great spiritual merit and a closer union with you.

O loving Savior, help the dying and deliver them from eternal death. give them the grace to be truly sorry for all their sins, to die at peace with you, and after death to enjoy that heavenly peace and happiness which is prepared for those who love you. *Amen.*

PRAYER FOR A SPEEDY RECOVERY

O my God, whom every creature obeys, at whose command every kind of infirmity is removed, hear my prayer. Hold out to me the hand of your mercy and cure me of every disorder of body and soul. May God the Father, who treated me, bless and heal me. May God the Son, who suffered for me, bless and heal me. May God the Holy Spirit, who sanctified me in baptism, bless and heal me. *Amen.*

THANKSGIVING FOR RECOVERY

O Lord God, in your tender mercy you have restored me to health. Give me the grace to spend this life, which you have lengthened, in your service. Help me to carry out all my good resolutions so that I may always live a truly Christian life; so that when it shall please you to call me out of this world, I may die at peace with myself, at peace with the whole world, and most of all at peace with you.

SHORT ASPIRATIONS

JESUS, poor and humiliated; despised, hated, and deserted by men; tempted by the devil; sold and betrayed;
HAVE MERCY ON ME.

JESUS, bound with ropes and chains; blasphemed; esteemed less than Barabbas; unjustly condemned;
HAVE MERCY ON ME.

JESUS, shamefully stripped; scourged, mocked, and beaten; crowned with thorns; insulted and defamed;
HAVE MERCY ON ME.

JESUS, laden with the cross and nailed thereon for my sins, HAVE MERCY ON ME.

MY JESUS, MERCY!

MY DEAREST JESUS, BE NOT MY JUDGE BUT MY SAVIOR.

JESUS, MY GOD, I LOVE THEE ABOVE ALL THINGS.

O SWEETEST HEART OF JESUS, I IMPLORE THAT I MAY LOVE THEE MORE AND MORE.

JESUS, MEEK AND HUMBLE OF HEART, MAKE MY HEART LIKE UNTO THINE.

HEART OF JESUS, I PUT MY TRUST IN THEE.

JESUS! JESUS! JESUS!

PRAYERS FOR A HAPPY DEATH

O God, you have decreed that all men should die. But you have concealed from all the hour of death. Grant that I may pass my days in the practice of holiness and justice and that I may be made worthy to quit this world in the peace of a good conscience and in the embrace of your love. Through Christ Our Lord. *Amen.*

Jesus, grant me a happy death. Have mercy on me, a sinner. I am sorry for all my sins. As I hope for forgiveness, so do I forgive from my heart all who have injured me.

O my God, I now at this moment readily and willingly accept at your hand whatever kind of death it may please you to send me, with all its pains and sorrows.

Jesus, Mary, and Joseph, I give you my heart and my soul.

Jesus, Mary, and Joseph, assist me in my last agony.

Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you.

Part II

Prayers to be used by Catholic Patients in the Reception of the Sacraments

THE SACRAMENT OF PENANCE

Prayer Before Confession

Come, O Holy Spirit, enlighten my mind that I may clearly know my sins; move my heart that I may be truly sorry for them, honestly confess them, and better my life. *Amen.*

Examination of Conscience

Do you habitually miss your daily prayers?
Have you been ashamed of your religion?
Did you use the name of God in vain?
Did you curse or use bad words?
Did you miss Mass on Sundays or holydays through your own fault?
Did you disobey your parents or superiors?
Were you unkind to others?
Have you been angry?
Did you quarrel with others?
Did you cause others to quarrel?
Did you take pleasure in impure thoughts?
Did you willingly listen to improper stories? Did you yourself tell them?
Did you commit immodest actions? with yourself or with others?
Did you steal anything?
Did you tell lies?
Did you talk uncharitably about others?
Did you eat meat on Fridays or on other forbidden days?
Do you drink to excess?

An Act of Contrition

O my God, I am heartily sorry for having offended you; and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who art all-good and deserving of all my love. I firmly resolve with the help of your grace to confess my sins, to do penance, and to better my life. *Amen.*

An Act of Thanksgiving After Confession

O Lord Jesus Christ, I thank you for the grace of a good confession. By Your death on the cross You have redeemed the world, and now you have again applied the fruits of your redemption to my soul. Through the priest you have said, "I absolve you from all your sins." Give me the grace to serve you faithfully as long as I live. Bless me, and help me to keep my good resolutions.

The 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 Angelic Salutation

Hail, Mary, full of grace! the Lord is with thee. Blessed art thou amongst 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.*

(Now say your penance.)

HOLY COMMUNION

Prayers Before Holy Communion

My dearest Lord and Savior, because of your great love for me I shall soon be privileged to receive you into my heart. Help me to prepare my heart so that it may be a pleasing dwelling place for you.

ACT OF FAITH. O my Jesus, I firmly believe all that you have revealed. I believe that you are really and truly present in the sacrament of the altar.

ACT OF HOPE. O my Jesus, by this Holy Communion I hope to obtain all the graces I need to gain heaven.

ACT OF LOVE. O my Jesus, I love you with my whole heart. I love you more than anything else because You are infinitely good and worthy of all my love.

ACT OF SORROW. O my Jesus, I am heartily sorry for all my sins because by them I have offended you. I promise to do all that I can never to sin again.

ACT OF ADORATION. O my Jesus, I adore you present in the holy sacrament of the Eucharist.

ACT OF HUMILITY. O my Jesus, I am not worthy that you should enter into my heart; but say the word, and my soul shall be healed.

ACT OF DESIRE. O my Jesus, my Lord and Savior, I long for you. Come to me and strengthen me by your grace.

Amen.

When you are receiving Holy Communion, say in your heart, MY LORD AND MY GOD! And then talk to Jesus in your own words, thanking Him for the great grace of receiving Him, and ask Him for the favors and blessings that you need.

Prayers After Holy Communion

O Holy Lord, Father almighty, eternal God, I earnestly beseech you that the most sacred body of Our Lord Jesus Christ, your Son, which I have now received, may be to me an eternal remedy both of body and soul. Who lives and reigns with you in the unity of the Holy Spirit, one God, world without end. *Amen.*

O Jesus, you have given yourself to me. Now let me give myself to you. I give you my body, that it may be chaste and pure; I give you my soul, that it may be free from sin; I give you my heart, that it may always love you; I give you my every breath that I shall breathe, especially my last. I give you myself in life and in death, that I may be yours forever and ever. *Amen.*

My dearest Jesus, I thank you for having condescended to come to me, a poor sinner. I praise and adore you, and with all my heart I offer you a thousand welcomes. I will love you forever and ever. Nothing shall ever separate me from You again, neither distress nor suffering, neither life nor death.

O Jesus, I live for you.

My Jesus, I die for you.

My Jesus, I am yours
In life and in death.

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, refresh me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within thy wounds hide me.
Let me never be separated from thee.
From the wicked enemy defend me.
In the hour of my death call me,
And bid me come unto thee,
That with thy saints I may praise thee
For all eternity. *Amen.*

PRAYER AFTER RECEIVING EXTREME UNCTION

O my Jesus, now my body is anointed with holy oil, my soul is strengthened against the temptations of the wicked enemy, and I am consoled in my sufferings. I thank you from the bottom of my heart for your great goodness and mercy. I will now dismiss all worldly cares and resign myself entirely to your mercy.

If it be for my salvation, I hope soon to recover; and if not, I will be happy to obtain eternal rest with You.

One day with you in heaven is better than a thousand here on earth. Grant that I may never lose the grace of this holy sacrament.

THANKSGIVING OF A MOTHER FOR A HAPPY DELIVERANCE

Almighty, everlasting God, through the delivery of the Blessed Virgin Mary you have turned the pains of the faithful at childbirth into joy. I thank you for the happy delivery of my child.

Give me grace always to be a good mother so that I may rear this child in the ways of your commandments and teach it to know and love you. Grant that after this life I may be worthy to obtain, together with my offspring, the joy of everlasting happiness. Through Christ Our Lord. *Amen.*

“JESUS, make me more like MARY;
MARY, make me more like YOU.”
