

*Sacred Heart
Catholic Church
Sheffield*



Prayers as we come out of Lockdown

July 2020

SACRED HEART COMMUNITY PRAYERS

If possible, light a candle to focus on during this community prayer time. The candle reminds us that Jesus is the light of the world, our Saviour and our guide. Read the following prayers aloud, slowly and reflect on their meaning.

Let us begin with the Sign of the Cross – a particular reminder of Christ's suffering as we move nearer to Holy Week:

**In the name of the Father and of the Son and of the Holy Spirit
Amen**

Prayers as we come out of Lockdown

Introduction

We thank God for the fact our church doors are now opening and that soon we will be able to gather for Mass. However, we have all undergone some measure of change over the past months and as we start to see a new 'normal' we will need, as much as we ever did, God's help, His mercy and His grace. We also remember that the month of July has traditionally been a special time of devotion to our Lord's Precious Blood as well.

Prayers of devotion to the Precious Blood of Jesus are a great way to keep His sacrifice for us at Calvary front and centre in our minds throughout the year. The Litany of the Most Precious Blood gives us a poignant reminder of not only the Passion but also of the good our Lord's Blood can do for us as the "Eucharistic drink and refreshment of souls" at Mass as well.

The Litany of the Precious Blood

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us.

Christ, graciously hear us.

God, the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Blood of Christ, only-begotten Son
of the Eternal Father, **SAVE US** (after each line)
Blood of Christ, Incarnate Word of God,
Blood of Christ, of the New and Eternal Testament,
Blood of Christ, falling upon the earth in the Agony,
Blood of Christ, shed profusely in the Scourging
Blood of Christ, flowing forth in the Crowning with Thorns,
Blood of Christ, poured out on the Cross,
Blood of Christ, price of our salvation,
Blood of Christ, without which there is no forgiveness,
Blood of Christ, Eucharistic drink and refreshment of souls,
Blood of Christ, stream of mercy,
Blood of Christ, victor over demons,
Blood of Christ, courage of martyrs,
Blood of Christ, strength of confessors,
Blood of Christ, bringing forth virgins,
Blood of Christ, help of those in peril,
Blood of Christ, relief of the burdened,
Blood of Christ, solace in sorrow,
Blood of Christ, hope of the penitent,
Blood of Christ, consolation of the dying,
Blood of Christ, peace and tenderness of hearts,
Blood of Christ, pledge of Eternal Life,
Blood of Christ, freeing souls from purgatory,
Blood of Christ, most worthy of all glory and honor,
Lamb of God, Who takes away the sins of the world,
Spare us, O Lord.
Lamb of God, Who takes away the sins of the world,
Graciously hear us, O Lord.
Lamb of God, Who takes away the sins of the world,
Have mercy on us.
Thou hast redeemed us, O Lord, in Thy Blood.
R. And made us, for our God, a kingdom.

Let us pray:

Almighty and eternal God, Thou hast appointed Thine only-begotten Son the Redeemer of the world and willed to be appeased by his blood. Grant, we beg of Thee, that we may worthily adore this price of our salvation and through its power be safeguarded from the evils of the

present life so that we may rejoice in its fruits forever in heaven.
Through the same Christ our Lord. Amen.

The Amina Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from thee.
From the malignant enemy defend me.
In the hour of my death call me.
And bid me come unto Thee,
That with all Thy saints,
I may praise thee
Forever and ever.
Amen.

Next follow some prayers and thoughts for reflection as lockdown is eased and we might find ourselves bewildered and in need of God's loving help:

When anxious or afraid

Hear my cry;
listen to my prayer.
From the end of the earth I call to you,
when my heart is faint.
Lead me to the rock
that is higher than I;
Let me abide in your tent for ever,
find refuge under the shelter of your wings.
(drawing on Psalm 61)

In sickness, need or distress

Why have you forsaken me?
Why are you so far from helping me, from the words of my groaning?
I cry by day, but you do not answer;

and by night, but find no rest.
I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
Do not be far away!
O my help, come quickly to my aid!
(drawing on Psalm 22)

If the space I am in...

If the space I am in seems too vast
so I feel alone with unwelcome thoughts,
help me to reach out with words or gestures
and remind me of my connection to other creatures and the earth.
If the space I am in seems too small,
lacking privacy, my patience running thin,
help me to roam far and wide in imagination and memory,
so I can return refreshed.

For little things

For pet pictures or silly jokes
whatever bring a smile to our lips in hard times,
thanks.

When apart

When my heart frets at the absence of someone I love
or I miss the company of friends and familiar embrace,
quiet my restlessness, watch over them and me
and assure us we are valued, whatever the future holds.

After recovery

I cried out for help,
and I have been healed.
Weeping lingered for the night,
but joy came with the morning.
It felt as if you had hidden your face.
But my mourning has been turned into dancing.
(drawing on Psalm 30)

Lost

If we stumble through a fog of grief or bewilderment
help us to somehow find a path,
to rise again when we fall.
Keep us until a glimmer of light returns.

For those without protection and support

For those who have lost homes or jobs and are desperate
or stranded far from home without transport,
crammed close to others despite risks or without sanitation to stay
safe,
denied healthcare or protection at work,
who matter little to the powerful on earth but cared for by you,
bring justice and show us what we might do, however small.

Living generously

Even when times are hard, help me to be generous to others, like you
whose sun shines on good and bad alike;
more ready to forgive than to judge,
to take the beam from my eye before removing the speck from
someone else's
and accepting of mercy from others.
May I treat people as I wish to be treated.
(drawing on Matthew 5-7)

Feeling weak or strong

If we feel we are too weak to get through this time,
like putty, may we sense steel within.
If we feel we are too strong to need help now and then,
teach us even a vigorous tree may hold on, without shame, to a stake.

In honour of health and social care workers and researchers

Let us honour health staff for their services,
for their gift of healing comes from you,
The skill of doctors and nurses makes them distinguished,
and in the presence of the great they are admired.
You created medicines out of the earth,
and the sensible will not despise them.

And you gave skill to human beings.
By these the health worker heals and takes away pain;
the pharmacist makes a mixture from them.
From you health spreads over all the earth.
(drawing on Sirach 38)

In honour of volunteers and all who meet our basic needs

Every generous act of giving, with every perfect gift,
is from above,
coming down from you, who give birth to light,
with whom there is no variation or shadow.
They do well who really fulfil the royal law,
'You shall love your neighbour as yourself.'
(drawing on James 1-2)

For peace and hope

In a world in turmoil,
in our neighbourhoods, suddenly so different, and homes,
in our restless minds, as we wonder what tomorrow may bring,
hold us in peace and give us hope,
while we wait for the day when we can mix and move freely again;
teach us then to be compassionate with one another
and value more deeply what and who we have,
holding as precious all people and life on earth.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
The courage to change the things that I can,
And the wisdom to know the difference.

St Teresa's Bookmark

Let nothing disturb you,
Let nothing frighten you,
All things are passing;
God only is changeless.
Patience gains all things.
Who has God wants nothing.
God alone suffices.