

# PLEASE KEEP ME IN YOUR PRAYERS

**How many times have we been texted, Facebook messaged or spoken with someone that has asked us to “please pray for them”?**

**How many times do we respond with a “Yes, I will keep you in my prayers” or just send the 🙏 emoji with all the best intentions; only to get busy and completely forget?**

**You. Are. Not. Alone.**

**Listed below are a few prayerful suggestions.**

- ❖ Almighty and Eternal God, You are the everlasting health of those who believe in You, Hear us for Your sick servant (enter name here) for whom we implore the aid of Your tender mercy, that being restored to bodily health, he (she) may give thanks to You in Your church. Through Christ Our Lord. Amen.
- ❖ Praying the Rosary for the person who asked for your prayers.
- ❖ Saying the “Our Father,” adding the name of the person who asked for a special intention.
- ❖ Saying a special prayer that St. Padre Pio would offer daily for all those who asked for his prayers. He would pray, with **sincere faith**, St. Margaret Mary Alacoque’s *Efficacious Novena of the Sacred Heart*.

## **Efficacious Novena to the Sacred Heart of Jesus**

- I. O my Jesus, you have said: “Truly I say to you, ask and you will receive, seek and you will find, knock and it will be opened to you.” Behold I knock, I seek and ask for the grace of ..... (Here name your request)  
Our Father .... Hail Mary .... Glory Be to the Father .... Sacred Heart of Jesus, I place all my trust in you.
- II. O my Jesus, you have said: “Truly I say to you, if you ask anything of the Father in my name, he will give it to you.” Behold, in your name, I ask the Father for the grace of ..... (Here name your request)  
Our Father .... Hail Mary .... Glory Be to the Father .... Sacred Heart of Jesus, I place all my trust in you.
- III. O my Jesus, you have said: “Truly I say to you, heaven and earth will pass away but my words will not pass away.” Encouraged by your infallible words I now ask for the grace of ..... (Here name your request)  
Our Father .... Hail Mary .... Glory Be to the Father ... Sacred Heart of Jesus, I place all my trust in you.  
  
O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of you, through the Sorrowful and Immaculate Heart of Mary, your tender Mother and ours.  
  
Say the Hail, Holy Queen, and add: St. Joseph, foster father of Jesus, pray for us.



**August 24 is the feast day of Our Lady, Health of the Sick.**

During the 17th century, the Church started to highlight Mary's role as an intercessor for all the sick, invoking her under the title of "Health of the Sick."

This was in direct connection to the plague in Europe and how many people turned to her in their time of need.

In calling Mary 'Health of the Sick' we do not in any way relegate Christ, who brings true health. Throughout his earthly ministry Jesus cured and healed the sick. He not only healed physical ailments but also healed souls. Christ shares the gifts and missions of healing with his Church. Our Lady, as the preeminent disciple, shares most closely in this mission of her Son but she is also, through her Immaculate Conception and Glorious Assumption, the shining example of the healing and restoration offered through Christ. She stands as a sign of hope for the sick who call upon her, and Mary wants to be called upon. She has suffered through her sorrows and "shared in the mystery of pain" in a unique and special way, that can rarely be understood by the rest of humanity, but that allows her to better understand our pain and suffering. It is through this healing ministry that we see Christ, as Pius XII said, "a vision of the Divine Redeemer Himself."

**Virgin, most holy, Mother of the Word Incarnate, Treasurer of graces, and Refuge of sinners, I fly to your motherly affection with lively faith, and I beg of you the grace ever to do the will of God.**

**Into your most holy hands I commit the keeping of my heart, asking you for health of soul and body, in the certain hope that you, my most loving Mother, will hear my prayer.**

**Into the bosom of your tender mercy, this day, every day of my life, and at the hour of my death, I commend my soul and body.**

**To you I entrust all my hopes and consolations, all my trials and miseries, my life and the end of my life, that all my actions may be ordered and disposed according to your will and that of your Divine Son.**

**Amen.**