

# **PANDEMIC NOVENA**

By Kalamazoo Diocesan Council of Catholic Women Board  
Detroit Province

A Novena can be done in nine consecutive days or in nine hours in one day. Begin each day with the following prayer and end each day with the final prayer at the end.

## **PANDEMIC PRAYER**

**“You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.”** (Psalm 91:5-6)

### **In the name of the Father, the Son and the Holy Spirit:**

Loving and gracious God, as in all times, we turn to You and implore Your protection and healing as we face a new threat to our health and peaceful well-being in the coronavirus pandemic before us.

Help us to be united with each other and with all our brothers and sisters around the world affected by this illness. We pray for all those in the medical field who are assisting patients and in the field of science who are discerning a cure, as well as for all government leaders. Remember those who, through this virus, have passed from this life as well as their families in their loss.

At this time of fragile uncertainty, we also humbly implore You to grant us prudence, hope, courage, and patience. Dispel from us fear, distrust and panic which disrupt us in spirit to the detriment of our well-being.

Father, you gave us Your Word to sustain us in times such as these. Father, please restore and strengthen our faith, love, and trust in you! We plead your mercy upon the United States of America and all the people. We ask that you give all Christians a boldness to speak the truth and to acknowledge You as God and the only One who can restore us by your Love.

Give us the courage to make the right actions based on Your Word. Let us not despair, but through the work of the Holy spirit and the mercy of your Son, let us proclaim forever that the United States is “one nation under God, indivisible with liberty and justice for all!”

All honor and glory to You, Our Heavenly Father, for ever and ever. Amen

## **DAY 1: ISOLATION**

**“Behold, the hour is coming and has arrived when each of you will be scattered to his own home and you will leave me alone. But I am not alone, because the Father is with me. I have told you this so that you might have peace in me. In the world you will have trouble but take courage. I have conquered the world.”** John 17:32-33

Most Merciful Jesus, whose very nature it is to have compassion on us and to forgive us, do not look upon our sins but upon our trust which we place in Your infinite goodness. Receive us all into the abode of Your Most Compassionate Heart, and never let us escape from It. We beg this of You by Your love which unites You to the Father and the Holy Spirit.

Oh, my Jesus, I am feeling isolated. It is a result of the uninvited effect of the Covid Virus. It's causing internal and external changes to my well-being. I am acutely aware of the need to recognize the sharing of the bond of being Human. This bond keeps us together, expecting us to respect and value others. We all need a call to return to and be serious about God's rules for a Holy life. Maybe this is an opportunity to make a Spiritual commitment for us to be better people. We need to find new ways to do what we enjoy, reflect on what is really important, and stay close to the people we love, any way we can. We pray for the spirit of love for others to be renewed in our hearts.

**I TRUST YOU, JESUS! AMEN**

## **DAY 2: HEALTH**

**“Then Moses cried to the Lord, “Please, not this? Please, heal her!”** Numbers 12:13

O my Jesus, this pandemic has disrupted our lives. It has created many concerns for our physical well-being, has caused great financial hardship, forced us into isolation and been a source of tremendous anxiety. We are afraid to go to the doctor even when we are sick. We feel compelled to postpone necessary surgery because we are horribly afraid of the hospital. We fear for our grandchildren as they return to school and for the elderly among our family and friends. We feel almost panicked when someone exhibits respiratory symptoms and is without a mask. Where does it end Lord? Will we ever return to some measure of normal? Be our comfort in isolation, our refuge when fear and anxiety threaten to overcome us and protect us and those we love from this dreaded virus. Lord Jesus, we place our trust in You.

**COME HOLY SPIRIT! AMEN**

### **DAY 3: SELFNESS**

**“Direct my heart toward your testimonies and away from gain.”** Psalms 119: 36

Dear Lord, during my time at home during the pandemic, I have been so lonely and stressed without getting the needed hugs from others. Since taking care of personal needs during a pandemic requires more energy than usual, I am left with little energy remaining to offer others. God, please help me learn to let go of the need to be in control. I know you are in control. Please help me ensure that everything I do is for your great glory and help me see where focusing on others exalts you!

**IN GOD WE TRUST! AMEN**

### **DAY 4: POLICE**

**“The Lord will guard you from all evil; he will guard your soul. The Lord will guard your coming and going both now and forever.”** Psalm 121: 7-8

Oh, Heavenly Father, the Covid pandemic, and the many restrictions imposed on us because of it, have affected so many aspects of our lives. The frustration and fear are evident everywhere. And when we see our dedicated law enforcement officers, those sworn to protect and defend us, being attacked, injured, and even killed while trying to fulfill their duties, our frustration and fear grows.

Precious Lord Jesus, watch over them and keep them safe in your loving embrace. St. Michael, Patron Saint of police officers, protect and defend them against the terror and evil being brought upon them by the evil one. Trust in the divine plan of our Blessed Lord Jesus.

**IN GOD WE TRUST! AMEN**

### **DAY 5 RACISM**

**“God created mankind in his image; in the image of God he created them; male and female he created them.”** Genesis 1:27

O most merciful Jesus, our hearts are filled with sadness over recent events in our country. Racism in all its ugliness has become all too apparent. It has created division where there should be none, fostered hostility and ill will towards law enforcement and has caused some to resort to violence. Jesus open our minds and heart to just and loving solutions. Fill us with love for all your people. May we, like St. Francis, pray "Lord, make me a channel of your peace. Amen." Oh, blood and water which gushed forth from the heart of Jesus as a fount of mercy for us, we place our trust in you.

**I TRUST YOU, JESUS! AMEN**

### **DAY 6 COIN SHORTAGE**

**“Where there are great riches, there are also many to devour them.”** Ecclesiastes 5:10

Oh my heavenly Father, if it hasn't been scary enough with the Covid virus itself, the changes with shortages, the social distancing, the earlier lack of being able to attend Church and receive your Eucharist, now we're told there is a coin shortage. What does that mean? Stores are asking us to use credit cards and not coins and paper money. Yes, I can do that. I have cards, but what about others

who do not have cards? If we lose coins and paper money, how will I slip money in birthday cards or give cash to a child as a good luck charm or what will happen to piggy banks? I have researched the coin shortage and the treasury has lots of coins stockpiled. I also found some want us to go to a cashless society; digital dollars it is called. But like all research and news reports recently, we do not know what to believe. It is scary. Oh Father, I know you have a plan. I know I should not worry. You will take care of it. You will take care of all of this in your time.

**I TRUST YOU, JESUS! AMEN**

### **DAY 7 VIOLENCE**

**“Therefore, do not be afraid of them. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul: rather be afraid of the one who can destroy both soul and body in Gehenna.”** Matthew 10: 26-29

Jesus, I really am perplexed. People are harming other people's properties. They are expressing themselves in violent ways toward the rich and toward the poor that are fair game. We are afraid. We are communities of people that want a fair share in the grand scheme of things. Some feel powerful in tearing apart cities which trashes their existence even further. Lord, this must stop. We need to see that each person matters, not just blacks, or Native Americans, or Polish, or the unborn, or presidents and kings—EVERYONE matters. It is only in you that we find our worth. It is in you that we can be inspired to live according to the ways You have shown us. Teach us to count each person. Affirm in them that they are useful and needed. Then they will not feel the need to tear down, but to lift, to sow and reap next to each other as you have made them. Help us to help each other in everything. Teach us to be light in the darkness. Let our light be your light that overcomes darkness on the way to God's marvelous light and love.

**I TRUST YOU, JESUS! AMEN**

### **DAY 8 FEAR**

**“It is the Lord who goes before you; he will be with you and will never fail you or forsake you. Do not fear or be dismayed.”** Deuteronomy 31:8

Oh Lord, when fear comes show me the path through it. Be my knot in the rope of life that I hang on to and never let go. Teach me to see you on the other side. You always have the answers we can trust. **COME HOLY SPIRIT! AMEN**

### **DAY 9 RELIGIOUS FREEDOM**

**“and you will know the truth, and the truth will set you free.”** John 5: 32

Oh, God our Heavenly Father, I fear for the soul of our country! Laws have been imposed on us that violate our right to religious freedom. Governors and mayors have deemed celebrating Holy Mass and priests administering last rites to dying patients as “non-essential”; while the grievous sin of abortion was promoted as essential to women's health care. The only hope for our country is for your people to repent and turn back to you! Father, we pray that You will become the center of our families and homes once more and we invite you back into our schools, businesses, and government. Help us to elect leaders that will uphold our religious freedom and defeat the culture of death. Restore the United States so that we can proudly pledge that we are “one nation under God, indivisible with liberty and justice for all.” Let us return to You as our Lord and our God and love You with our whole hearts and souls and love our neighbors as ourselves! Strengthen our faith, love, and trust in you! Let us not despair, but through the work of the Holy spirit, and your Son, we plead your mercy upon the United States of America. **IN GOD WE TRUST! AMEN**

## **FINAL PRAYER**

**“Trust in the Lord with all your heart and lean not on your own understanding.” Proverbs 3:5**

Glory and Praise to You, Oh Lord, My God! You unfailingly provide Grace in these days of uncertainty and confusion. Draw me to abide in You, to whisper your Name, for I know You will soothe my soul. You alone are my Rock and my Safe Haven.

Your Hand is outstretched to Your little ones, and we all are Your little ones. We need only turn a thought to You, and your Hand will clasp ours in a deep, loving embrace.

Help me speak this Good News, Lord, easily and daily, especially to my beloved family. May Your Voice soften their hearts and open their ears to the Love You offer them. I beg You to shower your Mercy on them and on me. For You are Love and Mercy.

As I feel joy in life and hope for the future, I know these feelings are gifts from You. My cup overflows with Peace and Gratitude. Amen.

**I TRUST YOU, JESUS!**

**IN GOD WE TRUST!**

**COME HOLY SPIRIT!**