



# A Prayer for Well-Being

# Gathering

**Sit quietly in the presence of  
God.**

**Let the rhythm of your breathing  
still you.**

**Breathe in life; breathe out  
peace.**

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peace.**

Source: 'Act, Walk, Love -Praying in the Josephite Spirit'.

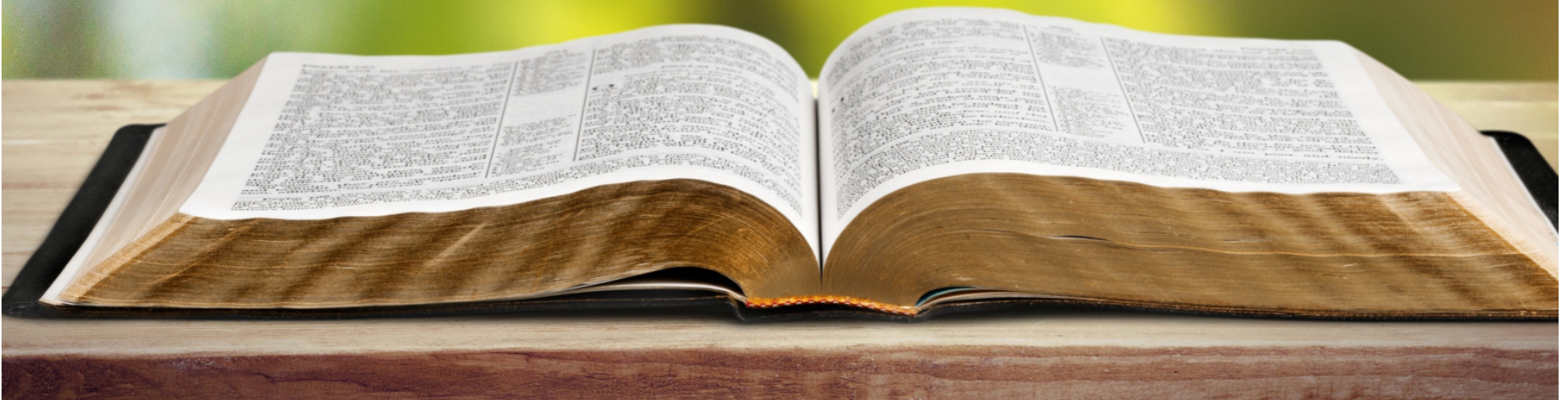


# Listening

**1 Corinthians 16:13-14**

*Be vigilant, stay firm in the faith,  
be brave and strong.*

*Let everything you do be done in  
love.*





Reflecting

Pope Francis' Holy Week  
Message:

*‘Creativity of Love.’*

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<https://youtu.be/xMJDCnmdhRg>





# And these words, also so beautiful from Pope Francis

*Tonight before falling asleep  
think about when we will return to the  
street.*

*When we hug again, when all the  
shopping together will seem like a  
party.*

*Let's think about when the coffees will  
return to the bar, the small talk, the  
photos close to each other.*

*We think about when it will be all a  
memory but normalcy will seem an  
unexpected and beautiful gift.*

*We will love everything that has so far  
seemed futile to us. Every second will  
be precious.*

*Swims at the sea, the sun until late,  
sunsets, toasts, laughter.*

*We will go back to laughing together.*

*Strength and courage.*





# *A Prayer for Healing*

Lord, you invite all to come to you.

Allow your healing hand to heal me.

Touch my soul with your compassion for others.

Touch my heart with your courage and infinite love for all.

Touch my mind with your wisdom, that my mouth may always proclaim your praise.

Teach me to reach out to you in my need and help me to lead others to you by my example.

Most loving Heart of Jesus, bring me health in body and spirit that I may serve you with all my strength.

Touch gently this life which you have created, now and forever.

Amen



A cluster of yellow daffodils with green stems and leaves is positioned on the left side of the image. The background is a solid, vibrant green. The text is overlaid on the right side of the image.

Loving God,

We thank you for the gift of life.  
We also thank you for the gift of all the  
wonderful people who accompany,  
inspire, stretch, challenge, love and  
encourage us on our journey.  
Bless them with good health, peace  
and joy.

We ask this through Christ our Lord,

Amen

Someday we will look back on  
this moment and it will forever remind us  
to never take the little things for granted. It will  
remind us to hug with all our hearts, to pause  
to appreciate holding someone's hand, and  
to live in the moments that we are  
surrounded by others.

Laura Jones

