

# Prayers for Healing of the Sick

## **Part 1: The Power of Praying Together...**

- *The intent is to come together in prayer- not that we all have to say the same prayers, but in doing so, we increase the power of prayer even if it's by coming to the same prayer site.*

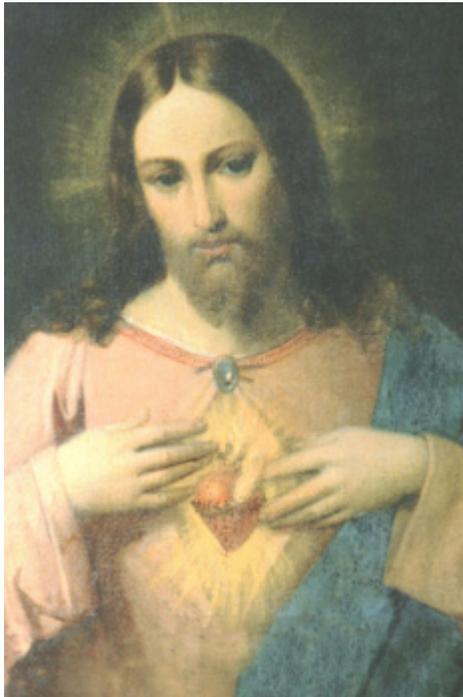
"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or more are gathered together in My Name, I am there in the midst of them." -- Matthew 18: 19-20

## **Part II: Reminding God of His Scriptural Promises...**

- *Praying scripture reminds God of His own promises to His children.*
- *St. Pio's Novena uses three scriptural promises to start prayers.*

### ***Efficacious Novena To The Sacred Heart Of Jesus***

(This novena prayer was recited every day by Padre Pio for all those who asked his prayers)



O my Jesus, You have said, 'Truly I say to you, ask and it will be given you, seek and you will find, knock and it will be opened to you.' Behold, I knock, I seek and ask for the grace of...

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...

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...

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 poor sinners and grant us the grace which we ask of You, through the Sorrowful and Immaculate heart of Mary, Your tender mother and ours.

Hail, Holy Queen... St. Joseph, foster father of Jesus, pray for us

### **Hail Holy Queen**

Hail Holy Queen, Mother of Mercy, our life our sweetness and our hope!  
To thee do we cry, poor banished children of Eve  
To you do we send up our sighs, mourning and weeping in this valley of tears!  
Turn, then, most gracious Advocate, your eyes of mercy towards us and after this, our exile, show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary!  
Pray for us, O holy Mother of God.

### **Part III: Asking for Mary's Intercession...**

- *Following are illness specific prayers submitted by the Oblate Missions entitled "Prayers and Devotions for Health and Healing"*
- *Asking Our Lady for her intercession on behalf of the sick loved one(s) can only be an advantage.*

#### ***"Prayer for Those Suffering with Cancer"***

Mary, health of the sick, you brought forth into our world Jesus Christ, our Divine Healer. In your caring goodness, intercede for (here mention name) who is truly in need of miraculous assistance.

If it be God's will, I ask this day that the gift of healing from all forms of cancer be granted to (name). comfort him/her during times of anguish, pain, confusion and despair. Ask our gracious Savior to grant him/her physical health, inner peace and patience in suffering.

May God's healing graces grant (name) a life of happiness, health and fulfillment here on earth, and one day, the joy of eternal glory in His loving embrace. Amen.

#### ***"Prayer for Those on Medication"***

Loving God, You have provided in our world many healing remedies to assist us when we are sick. You have given great knowledge to doctors and scientists to discover medicines that can cure diseases and help our bodies to heal.

God of life, hear my prayer. Through the intercession of the Blessed Virgin Mary, I ask you blessing upon the medication prescribed for (here mention name) so that he/she may experience healing, and be restored to the fullness of health in both mind and body.

I call upon Your holy and divine power to remove this sickness, with the aid of effective medications, so that his/her recovery may be a cause for joy, and a special sign of Your love and goodness in our lives. Amen.

***“Prayer for the Healing of Loved Ones”***

Mother of our Savior, intercede with your Divine Son for my loved ones who are ill, especially (here mention names.)

Ask Almighty God to grant them good health, to send His Angels to watch over them, to protect them from danger, and to keep them safe from lasting injury or harm.

May Christ, the Good Shepherd, soothe their Suffering and grant them a full recovery.

Virgin Mary, embrace them with your motherly love, And with your gentle, healing presence, that God’s bountiful goodness may always be their source of comfort, strength, and joy. Amen.

***“Prayer to Our Lady of Guadalupe”***

Most gracious Virgin of Guadalupe, in your apparitions to St. Juan Diego at Tepeyac you promised to show mercy and compassion to all who sought your help and protection. In love and trust I place my petitions before you (here mention your requests) and ask for your motherly care. I come to you hopeful and confident that, relying on your heavenly intercession, nothing can trouble or harm me.

As you have remained with us through your admirable image, O Blessed Lady, so now obtain for us the graces we need. Amen.

**Part IV: Health and Healing Prayer Based in Scripture...**

- *The following prayer from the book Prayers That Avail Much in its original form is a prayer for the self; however, it lends itself nicely to being prayed for others.*
- *The prayer uses scriptural references (listed at the end of the prayer).*

## ***“Health and Healing”***

*Father, in the name of Jesus I come before You asking You to heal {me/name of person}. It is written that the prayer of faith will save the sick, and the Lord will raise him up. And if {I/name of person} have/has committed sins, {I/ s/he} will be forgiven. {I/ s/he} let(s) go of all unforgiveness, resentment, anger, and bad feelings toward anyone.*

*{My/ his/her} body is the temple of the Holy Spirit, and {I/ s/he} desire(s) to be in good health. {I/ s/he} seek(s) the truth that will make {me /him/her} free—both spiritual and natural (good eating habits, medications if necessary, and appropriate rest and exercise). You bought me at a price, and {I/ name of person} desire(s) to glorify You in {my/his/her} spirit and {my/ his/ her} body—they both belong to You.*

*Thank You, Father, for sending Your Word to heal {me/ name of person} and deliver {me/him/her} from all {my/his/her} destructions. Jesus, You are the Word Who became flesh and dwelt among us. You bore {my/ name of person} griefs (pains) and carried {my/ his/her} sorrows (sickness). You were pierced through for my transgressions and crushed for {my/ his/her} iniquities, the chastening for {my/his/her} wellbeing fell upon You, and by Your scourging {I am/ name of person is} healed.*

*Father, {I/ name of person} give(s) attention to Your words and incline(s) {my/his/her} ear to Your sayings. {I/name of person} will not let them depart from {my/his/her} sight, but {I/ s/he} will keep them in the midst of {my/his/her} heart, for they are life and health to {my/ his/her} whole body.*

*Since the Spirit of Him Who raised Jesus from the dead dwells in {me/name of person}, He Who raised Christ from the dead will also give life to {my/his/her} mortal body through His Spirit Who dwells in {me/him/her}.*

*Thank You that {I/ name of person} will prosper and be in health, even as {my/his/her} soul prospers. Amen.*

### *-----Scripture References-----*

*James 5:15 NKJV      Proverbs 4:21,22 NAS  
1 Corinthians 6:19,20      Psalm 103:3-5 NAS  
Psalm 107:20      Romans 8:11 NKJV  
John 1:14      3 John 2  
Isaiah 53:4,5 NAS*

## **Part V: Healing Psalms...**

- *Psalms 4,5,6,13,18, 23, 25, 27, 31, 56, 57, 62, 70, 86, 88, 102, 146*
- *Taken from the New American Bible: Official Catholic Bible 1970 copyright.*

### **Psalm 4**

#### **Joyful Confidence in God**

I

2 When I call, answer me, O my just God,  
you who relieve me when I am in distress;  
Have pity on me, and hear my prayer!

II

3 Men of rank, how long will you be dull of  
heart?

Why do you love what is vain and seek  
after falsehood?

4 Know that the Lord does wonders for his  
faithful one;

the Lord will hear me when I call upon him.

5 Tremble, and sin not:

reflect, upon your beds, in silence.

6 Offer just sacrifices,  
and trust in the Lord.

III

7 Many say, "Oh, that we might see better  
times!"

O Lord, let the light of your countenance  
shine upon us!

8 You put gladness into my heart,  
more than when grain and wine abound.

9 As soon as I lie down, I fall peacefully  
asleep,

for you alone, O Lord,  
bring security to my dwelling.

### **Psalm 5**

#### **Prayer for Divine Help**

I

2 Hearken to my words, O Lord,  
attend to my sighing.

3 Heed my call for help,  
my king and my God!

To you I pray,

4 O Lord;

at dawn you hear my voice;  
at dawn I bring my plea expectantly  
before you.

II

5 For you, O God, delight not in wickedness;  
no evil man remains with you;

6 the arrogant may not stand in your sight.  
You hate all evildoers;  
7 you destroy all who speak falsehood;  
The bloodthirsty and the deceitful  
the Lord abhors.

III

8 But I, because of your abundant kindness,  
will enter your house;  
I will worship at your holy temple in fear of you,  
9 O Lord;  
Because of my enemies, guide me in your  
justice;  
make straight your way before me.

IV

10 For in their mouth there is no sincerity;  
their heart teems with treacheries.  
Their throat is an open grave;  
they flatter with their tongue.  
11 Punish them O God;  
let them fall by their own devices;  
For their many sins, cast them out  
because they have rebelled against you.

V

12 But let all who take refuge in you  
be glad and exult forever.  
Protect them, that you may be the joy  
of those who love your name.  
13 For you, O Lord, bless the just man;  
you surround him with the shield of your  
good will.

### **Psalm 6**

#### **Prayer in the Time of Distress**

I

2 O Lord, reprove me not in your anger,  
nor chastise me in your wrath.  
3 Have pity on me, O Lord, for I am  
languishing;  
heal me, O Lord, for my body is in  
terror;  
4 My soul, too, is utterly terrified;  
but you, O Lord, how long...?

II

5 Return, O Lord, save my life;  
rescue me because of your kindness,  
6 For among the dead no one remembers you;  
in the nether world who gives you thanks?

III

7 I am wearied with sighing;  
every night I flood my bed with weeping;  
I drench my couch with my tears,  
8 My eyes are dimmed with sorrow;  
they have aged because of all my foes.

IV

9 Depart from me, all evildoers,  
for the Lord has heard the sound of my  
weeping;  
10 The Lord has heard my plea;  
the Lord has accepted my prayer.  
11 All my enemies shall be put to shame in  
utter terror;  
they shall fall back in sudden shame.

**Psalm 13**  
**Prayer of One in Sorrow**

I

2 How long, O Lord? Will you utterly forget  
me?  
How long will you hide your face from  
me?  
3 How long shall I harbor sorrow in my soul,  
grief in my heart day after day?  
How long will my enemy triumph over me?  
4 Look, answer me, O Lord, my God!

II

Give light to my eyes that I may not sleep  
in death  
5 lest my enemy say, "I have overcome  
him";  
Lest my foes rejoice at my downfall  
6 though I trusted in your kindness.  
Let my heart rejoice in your salvation;  
let me sing of the Lord, "He has been  
good to me."

**Psalm 18**  
**Thanksgiving for Help and Victory**

**A**

I

2 I love you, O Lord, my strength,  
3 O Lord, my rock, my fortress, my deliverer.  
My God, my rock of refuge,

my shield, the horn of my salvation, my  
stronghold!

4 Praised be the Lord, I exclaim,  
and I am safe from my enemies.

II

5 The breakers of death surged round about  
me,

the destroying floods overwhelmed me;

6 The cords of the nether world enmeshed  
me,

the snares of death overtook me.

7 In my distress I called upon the Lord  
and cried out to my God;

From his temple he heard my voice,  
and my cry reached his ears.

III

8 The earth swayed and quaked;  
the foundations of the mountains trembled  
and shook when his wrath flared up.

9 Smoke rose from his nostrils,  
and a devouring fire from his mouth  
that kindled coals into flame.

10 And he inclined the heaven and came  
down,

with dark clouds under his feet.

11 He mounted a cherub and flew,  
borne on the wings of the wind.

12 And he made darkness the cloak about him;  
dark, misty rain-clouds his wrap.

13 From the brightness of his presence  
coals were kindled to flame.

14 And the Lord thundered from heaven,  
the Most High gave forth his voice;

15 He sent forth his arrows to put them to  
flight,

with frequent lightnings he routed them.

16 Then the bed of the sea appeared,  
and the foundations of the world were laid  
bare.

At the rebuke of the Lord,  
at the blast of the wind of his wrath.

17 He reached me out from on high and grasped me;  
he drew me out of the deep waters.

18 He rescued me from my mighty enemy  
and from my foes, who were too powerful  
for me.

19 They attacked me in the day of my  
calamity,

but the Lord came to my support,

20 He set me free in the open,

and rescued me, because he loves me.

IV

21 The Lord rewarded me according to my  
justice;

according to the cleanness of my hands he  
requited me;

22 For I kept the ways of the Lord  
and was not disloyal to my God;

23 For his ordinances were all present to me,  
and his statutes I put not from me,

24 But I was wholehearted toward him,  
and I was on my guard against guilt.

25 And the Lord requited me according to my  
justice,

according to the cleanness of my hands in  
his sight.

26 Toward the faithful you are faithful,  
toward the wholehearted you are  
wholehearted,

27 Toward the sincere you are sincere,  
but toward the crooked you are astute;

28 For lowly people you save  
but haughty eyes you bring low;

29 You indeed, O Lord, give light to my  
lamp;

O my God, you brighten the darkness  
about me;

30 For with your aid I run against an armed  
band,

and by the help of my God I leap over a  
wall.

31 God's way is unerring,  
the promise of the Lord is fire-tried;  
he is a shield to all who take refuge in  
him.

**B**

I

32 For who is God except the Lord?  
Who is a rock, save our God?

33 The God who girded me with strength  
and kept my way unerring,

34 Who made my feet swift as those of hinds  
and set me on the heights;

35 Who trained my hands for war  
and my arms to bend a bow of brass.

II

36 You have given me your saving shield;  
your right hand has upheld me,  
and you have stooped to make me great.

37 You made room for my steps;  
unwavering was my stride.  
38 I pursued my enemies and overtook them,  
nor did I turn again till I made an end of  
them.  
39 I smote them and they could not rise;  
they fell beneath my feet.

III

40 And you girded me with strength for war;  
you subdued my adversaries beneath me.  
41 My enemies you put to flight before me,  
and those who hated me you destroyed.  
42 They cried for help—but no one saved them;  
to the Lord—but he answered them not.  
43 I ground them fine as the dust before the  
wind;  
like the mud in the streets I trampled  
them down.

IV

44 You rescued me from the strife of the  
people;  
you made me head over nations;  
A people I had not known became my  
slaves;  
45 as soon as they heard me they obeyed.  
The foreigners fawned and cringed before  
me;  
46 they staggered forth from their fortresses.

C

47 The Lord Live! And blessed be my Rock!  
Extolled be God my savior.  
48 O God, who granted me vengeance,  
who made peoples subject to me  
49 and preserved me from my enemies,  
Truly above my adversaries you exalt me  
and from violent man you have rescued me.  
50 Therefore will I proclaim you, O Lord,  
among the nations,  
and I will sing praise to your name,  
51 You who gave great victories to your king  
and showed kindness to your anointed,  
to David and his posterity forever.

**Psalm 23**  
**The Lord, Shepherd and Host**

I

The Lord is my shepherd; I shall not want.  
2 In verdant pastures he gives me repose;  
Beside restful waters he leads me;

3 he refreshes my soul.  
He guides me in right paths  
for his name's sake.  
4 Even though I walk in the dark valley  
I fear no evil; for you are at my side  
With your rod and your staff  
that give me courage.

II

5 You spread the table before me  
in the sight of my foes;  
You anoint my head with oil;  
my cup overflows.  
6 Only goodness and kindness follow me  
all the days of my life;  
And I shall dwell in the house of the Lord  
for years to come.

**Psalm 25**  
**Prayer for Guidance and Help**

I

To you I lift up my soul,  
O Lord, my God.  
2 In you I trust; let me not be put to shame,  
let not my enemies exult over me.  
3 No one who waits for you shall be put to  
shame;  
those shall be put to shame who  
heedlessly break faith.  
4 Your ways, O Lord, make known to me;  
teach me your paths,  
5 Guide me in your truth and teach me,  
for you are God my savior,  
and for you I wait all the day.  
6 Remember that your compassion, O Lord,  
and your kindness are from of old.  
7 The sins of my youth and frailties  
remember not;  
in your kindness remember me,  
because of your goodness, O Lord.

II

8 Good and upright is the Lord;  
thus he shows sinners the way.  
9 He guides the humble to justice,  
he teaches the humble his way.  
10 All the paths of the Lord are kindness and  
constancy  
toward those who keep his covenant and  
his decrees.  
11 For your name's sake, O Lord,  
you will pardon my guilt, great as it is.

12 When a man fears the Lord,  
he shows him the way he should choose,  
13 He abides in prosperity,  
and his descendants inherit the land.  
14 The friendship of the Lord is with those  
who fear him,  
and his covenant, for their instruction.  
15 My eyes are ever toward the Lord,  
for he will free my feet from the snare.

III

16 Look toward me, and have pity on me,  
for I am alone and afflicted.  
17 Relieve the troubles of my heart,  
and bring me out of my distress.  
18 Put an end to my affliction and my  
suffering,  
and take away all my sins.  
19 Behold, my enemies are many,  
and they hate me violently.  
20 Preserve my life, and rescue me;  
let me not be put to shame, for I take  
refuge in you.  
21 Let integrity and uprightness preserve me,  
because I wait for you, O Lord.  
22 Redeem Israel, O God,  
from all its distress!

**Psalm 27**  
**Trust in God**

**A**

I

The Lord is my light and my salvation;  
whom should I fear?  
The Lord is my life's refuge;  
of whom should I be afraid?  
2 When evildoers come at me  
to devour my flesh,  
My foes and my enemies  
themselves stumble and fall.  
3 Though an army encamp against me,  
my heart will not fear;  
Though war be waged upon me,  
even then will I trust.

II

4 One thing I ask of the Lord;  
this I seek;  
To dwell in the house of the Lord

all the days of my life,  
That I may gaze on the loveliness of the  
Lord and contemplate his temple.  
5 For he will hide me in his abode  
in the day of trouble;  
He will conceal me in the shelter of his tent,  
he will set me high upon a rock.  
6 Even now my head is held high  
above my enemies on every side.  
And I will offer in his tent  
sacrifices with shouts of gladness;  
I will sing and chant praises to the Lord.

**B**

7 Hear, O Lord, the sound of my call;  
have pity on me, and answer me.  
8 Of you my heart speaks; you my glance seeks;  
your presence, O Lord, I seek.  
9 Hide not your face from me;  
do not in anger repel your servant.  
You are my helper; cast me not off;  
forsake me not, O God my savior.  
10 Though my father and mother forsake me,  
yet will the Lord receive me.

**II**

11 Show me, O Lord, your way, and lead me  
on a level path,  
because of my adversaries.  
12 Give me not up to the wishes of my foes;  
for false witnesses have risen up against me,  
and such as breathe out violence.  
13 I shall believe that I shall see the bounty of the Lord  
in the land of the living.  
14 Wait for the Lord with courage;  
be stouthearted, and wait for the Lord.

**Psalm 31**

**Prayer in Distress and Thanksgiving  
for Escape**

**I**

2 In you, O Lord, I take refuge;  
let me never be put to shame.  
In your justice rescue me,  
3 incline your ear to me,  
make haste to deliver me!  
Be my rock of refuge,  
4 You are my rock, and my fortress;

for your name's sake you will lead and  
guide me.

5 You will free me from the snare they set for  
me,

for you are my refuge.

6 Into your hands I commend my spirit,  
you will redeem me; O Lord, O faithful God.

7 You hate those who worship vain idols,  
but my trust is in the Lord.

8 I will rejoice and be glad of your kindness,  
when you have seen my affliction  
and watched over me in my distress,

9 Not shutting me up in the grip of the enemy  
but enabling me to move about at large.

II

10 Have pity on me, O Lord, for I am in distress;  
with sorrow my eye is consumed; my soul  
also, and my body.

11 For my life is spent with grief  
and my years with sighing;

My strength has failed through affliction,  
and my bones are consumed.

12 For all my foes I am an object of reproach,  
a laughingstock to my neighbors, and a  
dread to my friends;

they who see me abroad flee from me.

13 I am forgotten like the unremembered dead;  
I am like a dish that is broken.

14 I hear the whispers of the crowd, that  
frighten me from every side,  
as they consult together against me,  
plotting to take my life.

15 But my trust is in you, O Lord;  
I say, "You are my God."

16 In your hands is my destiny; rescue me  
from the clutches of my enemies and my  
persecutors.

17 Let your face shine upon your servant;  
save me in your kindness.

18 O Lord, let me not be put to shame, for I  
call upon you;

let the wicked be put to shame; let them  
be reduced to silence in the nether world.

19 Let dumbness strike their lying lips  
that speak insolence against the just in  
pride and scorn.

III

20 How great is the goodness, O Lord,  
which you have in store for those who  
fear you,

And which toward those who take refuge  
in you, you show in the sight of men.  
21 You hide them in the shelter of your presence  
from the plottings of men;  
You screen them within your abode  
from the strife of tongues.  
22 Blessed be the Lord whose wondrous  
kindness he has shown me in a fortified city.  
23 Once I said in my anguish,  
“I am cut off from your sight”;  
Yet you heard the sound of my pleading  
when I cried out to you.  
24 Love the Lord, all you faithful ones!  
The Lord keeps those who are constant,  
but more than requites those who act  
proudly.  
25 Take courage and be stouthearted,  
all you who hope in the Lord.

**Psalm 56**  
**Trust in God, the Helper in Need**

I

2 Have pity on me, O God; for men trample  
upon me;  
all the day they press their attack against me.  
3 My adversaries trample upon me all the day;  
yes, many fight against me.  
O Most High,  
4 when I begin to fear,  
in you will I trust.  
5 In God, whose promise I glory,  
in God I trust without fear;  
what can flesh do against me?

II

6 ALL the day they molest me in my efforts;  
their every thought is of evil against me.  
7 They gather together in hiding,  
they watch my steps.  
As they have waited for my life,  
8 because of their wickedness keep them  
in view; in your wrath bring down the peoples,  
O God.  
9 My wanderings you have counted;  
my tears are stored in your flask;  
are they not recorded in your book?  
10 Then do my enemies turn back,  
when I call upon you;  
now I know that God is with me.

11 In God, in whose promise I glory,  
12 in God I trust without fear,  
what can flesh do against me?

III

13 I am bound, O God, by vows to you;  
your thank offerings I will fulfill.  
14 For you have rescued me from death,  
my feet, too, from stumbling;  
that I may walk before God in the light of  
the living.

### **Psalm 57**

#### **Confident Prayer for Deliverance**

I

2 Have pity on me, O God; have pity on me  
for in you I take refuge.

In the shadow of your wings I take refuge,  
till harm pass by.

3 I call to God the Most High,  
to God, my benefactor.

4 May he send from heaven and save me;  
may he make those a reproach who  
trample upon me;  
may God send his kindness and his  
faithfulness.

5 I lie prostrate in the midst of lions  
which devour men;

Their teeth are spears and arrows,  
their tongue is a sharp sword.

6 Be exalted above the heavens, O God;  
above all the earth be your glory!

II

7 They have prepared a net for my feet;  
they have bowed me down;  
They have dug a pit before me,  
but they fall into it.

8 My heart is steadfast, O God; my heart is  
steadfast;

I will sing and chant praise.

9 Awake, O my soul; awake, lyre and harp!  
I will wake the dawn.

10 I will give thanks to you among the peoples,  
O Lord, I will chant your praise  
among the nations,

11 For your kindness towers to the heavens,  
and your faithfulness to the skies.

12 Be exalted above the heavens, O God;  
above all the earth be your glory!

**Psalm 62**  
**Trust in God Alone**

I

- 2 Only in God is my soul at rest;  
from him comes my salvation,  
3 He only is my rock and my salvation,  
my stronghold; I shall not be  
disturbed at all.  
4 How long will you set upon a man and all  
together beat him down  
as though he were a sagging fence,  
a battered wall?  
5 Truly from my place on high they plan to  
dislodge me; they delight in lies;  
They bless with their mouths,  
but inwardly they curse.

II

- 6 Only in God be at rest, my soul,  
for from him comes my hope.  
7 He only is my rock and my salvation,  
my stronghold; I shall not be disturbed.  
8 With God is my safety and my glory,  
he is the rock of my strength; my refuge  
is in God.  
9 Trust in him at all times, O my people!  
Pour out your hearts before him;  
God is our refuge!

III

- 10 Only a breath are mortal men;  
an illusion are men of rank;  
In a balance they prove lighter,  
all together, than a breath.  
11 Trust not in extortion; in plunder take no  
empty pride;  
though wealth abound, set not your heart  
upon it.  
12 One thing God said; these two things which  
I heard; that power belongs to God,  
13 and yours, O Lord, is kindness;  
and that you render to everyone according  
to his deeds.

**Psalm 70**  
**Prayer for Divine Help**

- 1 For the leader; of David. For remembrance.  
2 Deign, O God, to rescue me;  
O Lord make haste to help me.  
3 Let them be put to shame and confounded  
who seek my life.

Let the be turned back in disgrace  
who desire my ruin.  
4 Let them retire in their shame  
who say to me, "Aha, aha!"  
5 But may all who see you  
exult and be glad in you,  
And may those who love your salvation  
say ever, "God be glorified!"  
6 But I am afflicted and poor;  
O God, hasten to me!  
You are my help and my deliverer;  
O Lord, hold not back!

**Psalm 86**  
**Prayer in Time of Distress**

I

Incline your ear, O Lord; answer me,  
for I am afflicted and poor.  
2 Keep my life, for I am devoted to you;  
save your servant who trusts in you.  
3 You are my God; have pity on me, O Lord,  
for to you I call all the day.  
4 Gladden the soul of your servant,  
for to you, O Lord, I lift up my soul;  
5 For you, O Lord, are good and forgiving,  
abounding in kindness to all who call  
upon you.  
6 Hearken, O Lord, to my prayer  
and attend to the sound of my pleading.  
7 In the day of my distress I call upon you,  
for you will answer me.

II

8 There is none like you among the gods. O Lord,  
and there are no works like yours.  
9 All the nations you have made shall come  
and worship you, O Lord,  
and glorify your name.  
10 For you are great, and you do wondrous  
deeds; you alone are God.

III

11 Teach me, O Lord, your way  
that I may walk in your truth;  
direct my heart that it may fear your name.  
12 I will give thanks to you, O Lord my God,  
with all my heart,  
and I will glorify your name forever.  
13 Great has been your kindness toward me;  
you have rescued me from the depths of

the nether world.

- 14 O God, the haughty have risen up against me,  
and the company of fierce men seeks my life,  
nor do they set you before their eyes.
- 15 But you, O Lord, are a God merciful and gracious,  
slow to anger, abounding in kindness and fidelity.
- 16 Turn toward me, and have pity on me;  
give your strength to your servant,  
and save the son of your handmaid.
- 17 Grant me proof of your favor,  
that my enemies may see, to their confusion,  
that you, O Lord, have helped and  
comforted me.

### **Psalm 88**

#### **Lament and Prayer in Affliction**

I

- 2 O Lord, my God, by day I cry out;  
at night I clamor in your presence.
- 3 Let my prayer come before you;  
incline your ear to my call for help,
- 4 For my soul is surfeited with troubles  
and my life draws near to the nether world.
- 5 I am numbered with those who go down  
into the pit;  
I am a man without strength.
- 6 My couch is among the dead,  
like the slain who lie in the grave,  
Whom you remember no longer  
and who are cut off from your care.
- 7 You have plunged me into the bottom of the  
pit, into the dark abyss.
- 8 Upon me your wrath lies heavy,  
and with all your billows you overwhelm  
me.
- 9 You have taken my friends away from me;  
you have made me an abomination to them;  
I am imprisoned, and I cannot escape.

II

- 10 My eyes have grown dim through affliction;  
daily I call upon you, O Lord;  
to you I stretch out my hands.
- 11 Will you work wonders for the dead?  
Will the shades arise to give you thanks?
- 12 Do they declare your kindness in the grave,  
your faithfulness among those who have perished?
- 13 Are your wonders made known in the darkness,  
or your justice in the land of oblivion?

III

- 14 But I, O Lord, cry out to you;  
with my morning prayer I wait upon you.  
15 Why, O Lord, do you reject me;  
why hide from me your face?  
16 I am afflicted and in agony from my youth;  
I am dazed with the burden of your dread.  
17 Your furies have swept over me;  
your terrors have cut me off.  
18 They encompass me like water all the day;  
on all sides they close in upon me.  
19 Companion and neighbor you have taken  
away from me; my only friend is darkness.

**Psalm 102**

**Prayer in Time of Distress**

I

- 2 O Lord, hear my prayer,  
and let my cry come to you.  
3 Hide not your face from me in the day of  
my distress.  
Incline your ear to me;  
in the day when I call, answer me speedily.  
4 For my days vanish like smoke,  
and my bones burn like fire.  
5 Withered and dried up like grass is my heart;  
I forget to eat my bread.  
6 Because of my insistent sighing  
I am reduced to skin and bone.  
7 I am like a desert owl;  
I have become like an owl among the ruins.  
8 I am sleepless, and I moan;  
I am like a sparrow alone on the housetop.  
9 All the day my enemies revile me;  
in their rage against me they make a curse  
of me.  
10 For I eat ashes like bread  
and mingle my drink with tears,  
11 Because of your fury and your wrath;  
for you lifted me up only to cast me down.  
12 My days are like a lengthening shadow,  
and I wither like grass.

II

- 13 But you, O Lord, abide forever,  
and your name through all generations.  
14 You will arise and have mercy on Zion,  
for it is time to pity her,  
for the appointed time has come.  
15 For her stones are dear to your servants,

and her dust moves them to pity.  
16 And the nations shall revere your name, O Lord,  
and all the kings of the earth your glory,  
17 When the Lord has rebuilt Zion,  
and appeared in his glory;  
18 When he has regarded the prayer of the destitute,  
and not despised their prayer.  
19 Let this be written for the generation to come,  
and let his future creatures praise the Lord;  
20 "The Lord looked down from his holy height,  
from heaven he beheld the earth,  
21 To hear the groaning of the prisoners,  
to release those doomed to die"—  
22 That the name of the Lord may be declared  
in Zion;  
and his praise, in Jerusalem,  
23 When the peoples gather together,  
and the kingdoms, to serve to the Lord.

III

24 He has broken down my strength in the way;  
he has cut short my days.  
25 I say; O my God,  
Take me not hence in the midst of my days;  
through all generations your years endure.  
26 Of old you established earth,  
and the heavens are the work of your hands.  
27 They shall perish, but you remain  
though all of them grow old like a garment.  
Like clothing you change them, and they are  
changed,  
28 but you are the same, and your  
years have no end.  
29 The children of your servants shall abide,  
and their posterity shall continue in your  
presence.

**Psalm 146**  
**Trust in God Alone**

1 Alleluia!  
Praise the Lord, O my soul;  
2 I will praise the Lord all my life;  
I will sing praise to my God while I live.  
I  
3 Put not your trust in princes,  
in men, in whom there is no salvation.  
4 When his spirit departs he returns to his earth;  
on that day his plans perish.

II

5 Happy he whose help is the God of Jacob,  
whose hope is in the Lord, his God,

6 Who made heaven and earth,  
the sea and all that is in them;

Who keeps faith forever,

7 secures justice for the oppressed,  
gives food to the hungry.

The Lord sets captives free;

8 the Lord gives sight to the blind.

The Lord raises up those that were bowed down;  
the Lord loves the just.

9 The Lord protects strangers;  
the fatherless and the widow he sustains,  
but the way of the wicked he thwarts.

10 The Lord shall reign forever;  
your God, O Zion, through all  
generations.

Alleluia.