

## Prayer of Protection for Families and Individuals

During this time of social distancing and trying to manage life while avoiding infection from the virus, we may be tempted to thoughts and feelings of fear, powerlessness, confusion, etc. We must reject these and proclaim the sovereignty and power of God in their place. Giving in to these temptations is an ungodly reliance on ones' self and human power and understanding. Rather, we must remember the words of Jesus, "Come to me all you who labor and are heavy laden and I will give you rest." The following prayers, from the John Paul II Healing Center will help.

- **Fear** - "In the name of Jesus Christ, I renounce the lie that if I trust I will be hurt, disappointed, or die. In the name of Jesus, I renounce all fear, anxiety, mistrust, and distrust. I renounce the lie that I am not safe and not protected. And I announce the Truth that God is my rock, my fortress, my deliverer and my protector (see Ps 23, 27, 91). I announce the Truth that God's perfect love casts out all fear (1 Jn. 4:18). I announce the Truth that I am safe and secure."
- **Powerlessness** - "In the name of Jesus Christ, I renounce the lie that I am powerless, weak, unable to change, not capable; that I am stuck, trapped, that I don't know what to do". In Jesus name, I announce the Truth that Jesus promised that his grace is perfected in my weakness, so that when I am weak, then I am strong. (2 Co. 12:8-10). I announce the Truth, that 'I can do all things through Christ who strengthens me' (Philippians 4:13). I announce the Truth that 'Where the Holy Spirit is there is freedom.' (2 Co. 3:17). Therefore, I accept the truth that I am empowered by Christ and liberated by the Holy Spirit. I announce the Truth that through Confirmation, I am anointed with the power of the Holy Spirit, who lives and dwells in me."
- **Hopelessness** - "In the name of Jesus Christ, I renounce the lie that nothing ever changes and I will never have what I want. I renounce the lie that my life is meaningless and that I have nothing to live for. In Jesus' name, I announce the Truth that my hope is steadfast in Christ, and that He makes all things new (Rev. 21:5). I announce the Truth that because my hope is in Christ I will not be disappointed (Rom. 5:5); I announce the truth that 'I am being transformed from glory to glory into the image of Christ' (2 Co. 3:18); that God is at work in me, and what he begins he will bring to completion (Php. 1:6). Therefore, I am filled with hope in the good things to come."
- **Confusion** - "In the name of Jesus Christ, I renounce the lie that everything is confusing, that I don't understand anything and that it is up to me to figure things out on my own. In Jesus name, I announce the truth that I have the mind of Christ (1 Co. 2:16) and that the Holy Spirit reveals whatever I need to know when I need to know it (1 Co. 1:7). I announce the truth that the Lord gives wisdom and understanding to anyone who asks (1 Co. 12:8). I announce the Truth that God has given His Church to lead me into all Truth. I announce the Truth that I have understanding and enlightenment from the Lord."
- **Abandonment** - "In the name of Jesus Christ, I renounce the lie that I am alone, and that no one understands me or cares for me. I renounce the lie that I am unprotected, and that God has abandoned me." In Jesus name, I announce the Truth that Jesus himself promised me, 'I will never leave you nor forsake you' (Heb. 13:5); 'I will be with you always till the end of time' (Mt. 28). I announce the Truth that I am connected and understood and deeply cared for. I announce the Truth that in Holy Communion I am united with Christ and the Communion of Saints. They are always with me, so I am never alone."
- **Rejection** - "In the name of Jesus Christ, I renounce the lie that I am unloved and unlovable. I renounce the lie that I am not wanted, not desired and not good enough. In Jesus name, I announce the Truth that by virtue of my baptism I am a beloved son/daughter of the Father. I announce the truth that he loves me so much that Jesus gave his life for me, and that there is no greater love possible (Jn. 15).

I announce the truth that the Love of God has been poured out into my heart through the Holy Spirit. I announce the truth that I am loved and valued, wanted and desired, and that I am precious in the Father's eyes.”