

Prayer for Inner Healing ²

Dear Lord Jesus, please come and heal my wounded and troubled heart. I beg you to heal the torments that are causing anxiety in my life. I beg you, in a particular way, to heal the underlying source of my sinfulness. I beg you to come into my life and heal the psychological harms that struck me in my childhood and from the injuries they have caused throughout my life.

Lord Jesus, you know my burdens. I lay them on your Good Shepherd's Heart. I beseech you—by the merits of the great open wound in your heart—to heal the small wounds that are in mine. Heal my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety.

Heal, O Lord, all those wounds that have been the cause of evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner sores that make me unable to forgive. You who came to forgive the afflicted of heart, please, heal my wounded and troubled heart.

Heal, O Lord Jesus, all those intimate wounds that are the root cause of my physical illness. I offer you my heart. Accept it, Lord, purify it and give me the sentiments of your Divine Heart.

Heal me, O Lord, from the pain caused by the death of my loved ones. Grant me to regain peace and joy in the knowledge that you are the Resurrection and the Life. Make me an authentic witness to your resurrection, your victory over sin and death, and your loving presence among all men. Amen.

The Breastplate of Saint Patrick

I armor myself today with the power of the Most Holy Trinity, in the oneness of God, Creator of the universe. I armor myself today with the baptism of Christ, his crucifixion and resurrection, his ascension and glorious second coming.

I armor myself today with God's guidance to direct me, God's might to sustain me, God's wisdom to instruct me; God's word to give me speech, God's shield to protect me; God's army to defend me, against the snares of demons, against the lure of vices, against all who plot me harm.

I invoke all these virtues today against every hostile and merciless power that may assail me, against the incantations of false prophets, against the black laws of heathenism, against the false laws of heresy, against the deceits of idolatry, against every art and spell that binds the soul to evil.

Christ guard me today against every poison, burning, drowning and fatal wounding. Christ be with me, Christ be behind me, Christ be within me, Christ be beside me, Christ to win me. Christ to comfort and restore me, Christ to be where danger threatens, Christ be in the hearts of those around me, forevermore.