



Blessings to Protect Against Common Wounds

Pray these prayers over your friends and loved ones (parents blessing children is especially fitting).

Rejection: “In the name of Jesus Christ, may you know the truth that by virtue of your baptism you are a beloved son/daughter of the Father. May you know that God loves you so much that Jesus gave his life for you, and that there is no greater love possible (John 15). May you know the truth that the Love of God has been poured into your heart through the Holy Spirit. May you know that you are loved and valued, wanted and desired, and that you are precious in the Father’s eyes. Amen.”

Abandonment: “In the name of Jesus Christ, may you know the truth that Jesus himself promised you, ‘I will never leave you nor forsake you’ (Heb. 13:5); ‘I will be with you always till the end of time’ (Matthew 28). May you know that you are connected, understood, and deeply cared for. May you know that in Holy Communion you are united with Christ and the Communion of Saints, and that they are always with you, so you are never alone. Amen.”

Fear: “In the name of Jesus Christ, may you know the truth that God is your rock, your fortress, your deliverer, and your protector (see Psalms 23, 27, 91). May you experience the perfect love of God that casts out all fear (1 John 4:18). May you know that you are safe and secure. Amen.”

Shame: “In the name of Jesus Christ, may you know the truth that Jesus died for your sins and that you are forgiven, washed, cleansed, justified and accepted (see 1 Cor. 6). May you know the truth that Jesus did not come to condemn you but to save you (John 3:17-21; Romans 8:1; John 8:10-11). May you know that in the Sacrament of Reconciliation, you are forgiven and set free. May you know that you are pure and worthy, not because of what you have done, but because of what Jesus has done for you. Amen.”

Powerlessness: “In the name of Jesus Christ, may you know that Jesus promised that his grace is perfected in your weakness, so that when you are weak, then you are strong (2 Cor. 12:8-10). May you know that “[You] can do all things through Christ who strengthens [you]” (Philippians 4:13). May you know the truth that “Where the Holy Spirit is, there is freedom” (2 Cor. 3:17). May you know that you are empowered by Christ and liberated by the Holy Spirit, and that through Confirmation, you have been (or will be) anointed with the power of the Holy Spirit, who lives and dwells in you. Amen.”

Hopelessness: “In the name of Jesus Christ, may you know the truth that your hope is steadfast in Christ, and that He makes all things new (Rev. 21:5). May you know the truth that, because your hope is in Christ, you will not be disappointed (Rom. 5:5); may you know that ‘you are being transformed from glory to glory into the image of Christ’ (2 Cor. 3:18); and that God is at work in you, and that what he begins, He will bring to completion (Phil. 1:6). Amen.”

Confusion: “In the name of Jesus Christ, may you know the truth that you have the mind of Christ (1 Cor. 2:16) and that the Holy Spirit reveals whatever you need to know when you need to know it (1 Cor. 1:7). May you know that the Lord gives wisdom and understanding to anyone who asks (Jas. 1:5). May you know that God has given you His Church to lead you into all Truth. May you know that you have understanding and enlightenment from the Lord. Amen.”