Dear (i*nsert the name of your loved one*),

I am writing to let you know that you have been in my heart, on my mind, and part of my daily prayers after your most recent set-back. Your body can mend, but I am worried about other hurts that seem to be causing anguish. Some healing needs more than what is helped with a prescription. Sometimes our spirit needs to be healed with prayer in the presence of the Lord.

From my own experience this deeper healing of the soul is found by going to Mass. Please do me this favor and listen to what I need to say. I love you very much and it pains me deeply to see you in pain. With ALL my love and affection, I am writing you about what I know works at bringing healing to that pain. Please go to Mass and try these prayers that are known to succeed.

Say a simple prayer that the Holy Spirit will give you a desire to go to Mass. ***“Lord, give me a greater desire to go to Mass, opening my heart and mind to wanting to receive everything that You have to offer when I do go.”*** Keep praying this prayer until you feel moved to go.

When you arrive for Mass pray, ***“Lord, open my eyes to see and my heart to feel all the ways You are present during this Mass, to experience all the ways the Holy Spirit is active during this Mass, and to understand all the ways You want to help me during this Mass.”***

When invited at Mass to call to mind your sins, ask the Lord to forgive your sins, to get rid of whatever has been keeping you from being in His presence. ***“Lord, reveal Your healing Spirit to me by forgiving my sins, so that I can enter unburdened into the rest of the Mass.”***

As the readings are proclaimed pray that the Holy Spirit will open your mind and heart to hear the Lord speaking. ***“Jesus, I am open to hearing what You have to say. Through the power of the Holy Spirit may scripture come alive with insights and answers to my greatest needs.”***

After the readings pray a much-needed prayer for the priest to give a good homily. ***“Lord, may the words the priest speaks be a moment of grace so that I will hear what needs to be said.”***

During the offertory give your very self along with the bread and the wine that is offered. As the bread and wine is transformed pray that you will be transformed, ***“Lord, I offer my brokenness to be made whole, my fear to be transformed into courage, and my despair to become hope.”***

As the Holy Spirit makes Jesus fully present in the bread and wine, pray that Jesus will become present in you as you partake of the Body and Blood***. “Lord, bless me so that I will experience the great richness and beauty of the Real Presence of Jesus when I receive the Eucharist.”***

When leaving pray that you will carry with you the power of the Holy Spirit that was given to you at Mass. ***“Lord, may Your nourishment through Sacred Scripture and Holy Communion give me everything I need to heal, to love, to be patient, to be kind, and to remain strong.”***

Please, do all this for yourself, because it will end up being a gift for those you love. By your healing, others will heal. By your finding peace, peace will come to me and those who love you.

Love,

(*Insert your name.*)