## INSPIRATION IN TIMES OF ISOLATION

## THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided.

Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother.

To you 1 come, before you 1 stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me.

Our Lady of Lourdes, pray for us.

## **SCRIPTURE QUOTES**

Fear not, I am with you; be not dismayed; I am your God. I will strengthen you, and help you, and uphold you with my right hand of justice.

Isaiah 41:10

The Lord is my light and my salvation; whom shall 1 fear? The Lord is the stronghold of my life; of whom shall I be afraid.

Psalm 27:1

Even though 1 walk through the valley of the shadow' of death, 1 will fear no evil, for you are with me; your rod and your staff, they comfort me. *Psalm 23:4* 

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed. *Deuteronomy 31:8* 

When you go through deep waters, 1 will be with you. *Isaiah 43:2* 

There is no need to be afraid, little flock, for it has pleased your father to give you the Kingdom.

Luke 12:32

I can do everything through Christ who gives me strength. *Philippians 4:13* 

Be bold. Be brave. Be courageous. *Joshua 1:9* 

He will cover you with His feathers, and under His wings, you will find refuge; His faithfulness will be your shield and rampart.

Psalm 91:4