

Prayer of St. Ambrose for Physical and Spiritual Health

Thee alone I follow, Lord Jesus, Who heals my wounds. For what shall separate me from the love of God, which is in Thee? Shall tribulation, or distress, or famine? I am held fast as though by nails, and fettered by the bonds of charity. Remove from me, O Lord Jesus, with Thy potent sword, the corruption of my sins. Secure me in the bonds of Thy love; cut away what is corrupt in me. Come quickly and make an end of my many, my hidden and secret afflictions. Open the wound lest the evil humour spread. With Thy new washing, cleanse in me all that is stained. Hear me, you earthly men, who in your sins bring forth drunken thoughts: I have found a Physician. He dwells in Heaven, and distributes His healing on earth. He alone can heal my pains Who Himself has none. He alone Who knows what is hidden, can take away the grief of my heart, the fear of my soul: Jesus Christ. Christ is Grace, Christ is Life, Christ is Resurrection. Amen.