

## Praying 'Memento Mori' During the Pandemic

For those Catholics who have never meditated on their death in the context of prayer, and even for those who have, some of these questions can serve as prayer prompts:

- How is God calling me to reach out to the wider community in this time of fear, illness and financial instability? What risks to my life is God calling me to make to serve his people?
- How is God asking me to exercise extreme caution in order to prevent the spread of this virus to the vulnerable and weak? How can I value life and prepare for death?
- How is God asking me to listen to the anxieties and fears of those around me and to express my own?
- Take some time in prayer to reflect on the fragility and beauty of human life in general and of your life in particular. Then take time to reflect on the inevitability of your death. Imagine yourself beneath the cross and converse with Jesus about all that comes up.
- Consider the question, "Am I ready to die?" Make an examination of conscience and go to confession if possible. If you can't go now, make a resolution to go as soon as possible and express to God your remorse and contrition.