



“Hope does not disappoint” (Rom 5:5),
but strengthens us in times of trial

WORLD DAY
OF THE SICK 2025

Pastoral Suggestions for Families and Parishes 33rd World Day of the Sick, 11 February 2025

Prepared by the CCCB Office for Family and Life

“Hope does not disappoint” (Rom 5:5), but strengthens us in times of trial

Inspired by the message of Pope Francis

Homily suggestion:

When we are sick or suffering, when our bodies are weak, broken or fragile, or when we feel crushed and defeated, how do we find the strength and courage to persevere? Where, or to whom, do we turn when we feel alone in our suffering? In his message for this year's World Day of the Sick 2025, Pope Francis reminds us that during such times, we can turn to, and find hope in God, our strength. Pope Francis notes that God remains close to those who suffer in several ways: through encounters, through gifts, and through sharing.

Despite the challenges in suffering, Pope Francis writes, times of illness also offer opportunities for **‘transformative encounters’** which draw us closer to God, who never abandons us. God, who knows and understands human suffering through the person of Jesus Christ, is the rock to whom we can cling amidst our tribulations. God provides us with His comforting and consoling presence, reassuring us that we are never alone. During such difficult times of adversity, the Holy Father adds, God “often amazes us by granting us a strength that we never expected and would never have found on our own.”

Hope comes from the Lord, and, therefore, we can remain steadfast in hope while experiencing an illness, because we know that God’s love is certain and everlasting. This great hope, Pope Francis explains, “is the source of all those small glimmers of light that help us to see our way through the trials and obstacles of life.”

Finally, **‘sharing’** is another way in which God draws close to the sick and suffering. When we lovingly minister to and accompany the sick, we, too, can benefit. “How often, at the bedside of the sick, do we learn to hope,” Pope Francis enthuses in his Message for the Sick. “How often, by our closeness to those who suffer, do we learn to have faith! How often, when we care for those in need, do we discover love!” Through grace-filled encounters, the sick, together with their loved ones, caregivers, clergy, and others can learn or rediscover the virtues of faith, hope and love.

On this World Day of the Sick, let us seek ways to be a comforting presence to those experiencing suffering of any kind. Especially during this Jubilee Year of Hope, let us be for them like angels of hope, messengers of God, encouraging and supporting them and offering them solace and strength. Together, let us all be powerful witnesses in the world, sharing with others God's great gifts of hope and love!

Suggestions for Prayers of the Faithful:

The following petitions may be added to the Universal Prayer at Mass on the 5th Sunday in Ordinary Time (9 February 2025) and on February 11.

For the sick and those experiencing physical, psychological, and spiritual suffering, may they receive and cultivate your gifts of hope and strength. We pray to the Lord.

For spouses and families accompanying a loved one through illness, may faith, hope and love sustain their encounters. We pray to the Lord.

For caregivers, healthcare professionals, and all who devote time to caring for the sick, that they may be like "angels of hope". We pray to the Lord.

For our parish community, may our care and concern for the sick be a powerful sign to the world of human dignity and hope. We pray to the Lord.

Prayer for bulletins, groups or families:

Option 1

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Father of our Lord Jesus Christ,
your Son accepted suffering
to teach us the virtue of patience in human illness.
Hear the prayers we offer for our sick brother/sister.
May all who suffer pain, illness, or disease,
realise that they have been chosen to be saints
and know that they are joined to Christ
in his suffering for the salvation of the world.

We ask this through Christ our Lord.

 Amen.

Option 2:

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All-powerful and ever-living God,
the lasting health of all who believe in you,
hear us as we ask your loving help for the sick;
restore their health,
that they may again offer joyful thanks
in your Church.
Grant this through Christ our Lord.

 Amen.

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