Dear St. Alphonsus, friend of the poor, and arthritis sufferer, you are the special patron of all who suffer from arthritis and the pains of many years.

When our joints, hips, arms, legs and knuckles hurt so much that tears well up in our eyes, help us to recall the tears, the sweat and the blood that flowed from our crucified Jesus who bore so much suffering out of love for each of us.

St. Alphonsus, afflicted with curvature of the spine and nailed to a wheelchair cross in your final years, teach us to unite all our pains with those of Jesus, so our patience and love inspires others to accept the difficulties of their lives.

We ask you to intercede for us so our pains will be eased but more so that we are enabled to be one with Jesus in his great act of dying and rising.

Amen.