

# Prayer to our Lord Jesus Christ Crucified

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Behold, O good and loving Jesus,  
that I cast myself on my knees before you  
and, with the greatest fervor of spirit,  
I pray and beseech you to instill into my heart  
ardent sentiments of faith, hope and charity,  
with true repentance for my sins  
and a most firm purpose of amendment.  
With deep affection and sorrow  
I ponder intimately  
and contemplate in my mind your five wounds,  
having before my eyes what the prophet David  
had already put in your mouth about yourself, O good Jesus:  
*They have pierced my hands and my feet;  
they have numbered all my bones* (Ps 22:17-18).