



Prayer Before a Crucifix

On each of the Fridays of Lent, a plenary indulgence is granted to the faithful who, after Communion, recite the "Prayer before a Crucifix" before an image of Christ crucified.

Look down upon me, good and gentle Jesus, while before Thy face I humbly kneel and, with burning soul, pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity; true contrition for my sins, and a firm purpose of amendment. While I contemplate, with great love and tender pity, Thy five most precious wounds, pondering over them within me while I call to mind the words which David, Thy prophet, said of Thee, my Jesus: They have pierced My hands and My feet, they have numbered all My bones." Amen.