

## PRAYER BEFORE A CRUCIFIX

LOOK DOWN UPON ME, good and gentle Jesus, while before your face I humbly kneel, and with burning affection I pray and beg you to fix deep in my heart lively sentiments of faith, hope, and love, true contrition for my sins, and a firm purpose of amendment. I contemplate with great love and pity your five most precious wounds, pondering over them within me, while I call to mind the words which David the prophet said concerning you: "They have pierced my hands and feet; they have numbered all my bones." Amen.