



### Act of Contrition

**O Most Loving Redeemer**, humbly prostrate at the foot of the Cross, I implore from the bottom of my heart, pardon for all my sins, which were the cause of Thy bitter Passion and of the overwhelming sorrow of Thy most afflicted Mother. O good Jesus, let not Thy Precious Blood be shed for me in vain. May Thy five Sacred Wounds ever plead before Thy Eternal Father on behalf of my misery; and through the infinite merits of Thy Sacred Death and the bitter anguish of Thy holy Mother, grant me, dearest Lord, to atone for the past and to persevere in Thy love for the future. *Amen*

### Adoration of the Holy Cross

**I Adore Thee, Holy Cross**, which has been adorned with the tender loving hands and feet of my Lord and Savior, Jesus Christ, and imbued and dyed with His Precious Blood. I adore Thee, my Lord, nailed to the Cross for the love of me. I again adore Thee, O most Holy Cross, for the love of my Lord and Savior, Jesus Christ. *Amen*

*By the sign of the Holy Cross,  
deliver us from our enemies, O our God!*

**O Jesus, Our Adorable Savior**, behold us prostrate at Thy feet, imploring Thy mercy for ourselves, and for the souls of all the faithful departed. Vouchsafe to apply to us the infinite merits of Thy Passion whenever we meditate upon it. Grant that while we trace this path of sighs and tears, our hearts may be so touched with contrition and repentance, that we may be ready to embrace with joy all the crosses, sufferings, and humiliations of this our life and pilgrimage. *Amen*



### Commemoration of the Passion of Jesus

**O My God**, Who, for the redemption of the world, wouldst be born and circumcised, be rejected by the Jews, betrayed with a kiss by the traitor Judas, bound with cords, carried as an innocent lamb to be a Victim, and shamefully brought as a malefactor before Annas, Caiaphas, Pilate, and Herod; accused by false witnesses, buffeted, spat upon, crowned with thorns, struck with a reed, covered with a veil, and despoiled of Thy garments; nailed to the Cross, and raised upon it, reputed with the thieves, drenched with gall and vinegar, and pierced with a lance: Thou, O Lord, by these Thy most holy sufferings, which I, an unworthy sinner, honor now, and by Thy Holy Cross and Death, deliver me from the torments of Hell, and vouchsafe to take me to Paradise, whither Thou hast taken the good Thief crucified at Thy side; Who livest and reignest with the Father and the Holy Ghost, forever, unto ages of ages. *Amen*



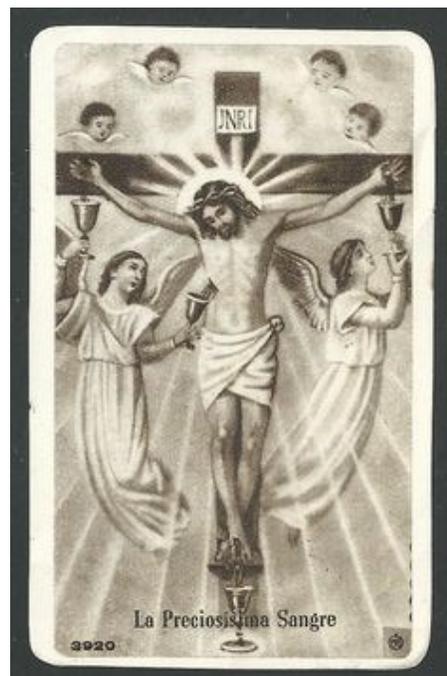
**O My Crucified God**, behold me at Thy feet. Deign to cast me not out, now that I appear before Thee a sinner. I have offended Thee exceedingly in the past, my Jesus, but it shall be so no longer. Before Thee, my God, I put all my sins... (*call to mind your sins*). I have now considered them and behold, they do not deserve Thy pardon; but do Thou cast one glance upon Thy sufferings and see how great is the worth of that Precious Blood that flows from Thy veins. O my God, at this hour close Thine eyes to my want of merit and open them to Thine infinite merit, and since Thou has been pleased to die for my sins, grant me forgiveness for them all, that I may no longer feel the burden of my sins, for this burden, dear Jesus, oppresses me beyond measure. Assist me, my Jesus, for I desire to become good whatsoever it may cost; take away, destroy, utterly root out all that Thou findest in me contrary to Thy holy will. At the same time, I pray Thee, O Jesus, to enlighten me, that I may be able to walk in Thy holy light. *Amen*

*—Saint Gemma Galgani*

**O Virgin, all burning with love, O Mary, Mother of Dolors,** I am most unworthy to stand in thy presence; but when I remember that thou art the Mother of Mercy, the Comforter of the Afflicted, the Treasurer of Divine Grace, I feel confidence revived in my heart. I therefore have recourse to thee with all the power and affection of my soul, hoping to obtain what I come to ask of thee, namely, a true contrition for my many sins and my great ingratitude, a deep sorrow for having offended my Jesus, Who has never ceased to load me with favors since He created me. Obtain for me, O tender Mother, that my sorrow for having lost Divine Grace may be like to that which thou didst feel, when thou didst lose thy beloved Son; pierce my ungrateful heart with that sharp sword with which thine own was transfixed at the foot of the Cross; implore for me the frequent remembrance of death, that I may always keep before me the sense of my nothingness, and obtain for me the grace of final perseverance, that I may die the death of the just. Remember, O my beloved Mother, that if I obtain these graces through thy intercession, I shall here below be more faithful to thy beloved Son, thus giving joy to thy heart, and shall one day be with thee in the Kingdom of Heaven, there to bless thee and thy Divine Son forever. From thee I ask these favors, O my loving Mother; through thee I "expect" them: in thee I place my trust, because thou art the Mother of my Savior. *Amen*



*O Mother most Sorrowful,  
pray for us who have recourse to thee.*



### **Invoking the Precious Blood**

**Precious Blood of Jesus,** shed in the Circumcision, make me chaste of mind, heart and body. Precious Blood, oozing from every pore in the Agony of Jesus, grant me to love above all things the Holy and Adorable Will of God. Precious Blood, flowing abundantly in the Scourging at the Pillar, inspire me with a keen sorrow for my sins and a love of suffering. Precious Blood, falling in profusion from the Crown of Thorns, grant me a love of humiliations. Precious Blood, furrowing the way to Calvary, fill me with courage to walk unflinching in the bloody footsteps of Jesus. Precious Blood, shed so profusely in the Crucifixion of my Jesus, make me die entirely to self-love. Precious Blood, shed to the very last drop by the opening of the Sacred Heart of Jesus, give me that generous love that sacrifices all for God. Precious Blood, Sacred Source from whence flow all graces, apply Thine infinite merits to my soul. Precious Blood, Whose virtue animates and vivifies our actions, apply Thine infinite merits to all our works. Life-Giving Fountain, in which the soul fully slakes its thirst, saturate me with pure love. O Divine Blood of my Jesus, I adore Thee from the depths of my heart. Thee I fervently invoke, for Thou art my salvation, and by Thee I hope to obtain the joys of Paradise. Eternal Father, be merciful, for the sake of the Blood of Thine only-begotten Son; we beseech Thee, show us Thy mercy. Most Precious Blood of Jesus, cry to the Heavenly Father for mercy for us, and deliver us. Eternal Father, I offer Thee the Precious Blood in atonement for my sins and for the needs of Holy Church. *Amen*