

# Veneration of the Cross

The tradition of the Veneration of the Cross dates back to the fourth-century. On Good Friday, the Christians in Jerusalem would gather before a relic of the true cross to kneel, bow, and kiss the cross in remembrance of the Passion of Christ. Today, most churches venerate the cross during their Good Friday services. This moving practice inspires great prayer and meditation. This year you're invited to celebrate this ritual in your home.

You can use the cross that you make using the directions provided or another crucifix from your home.

Put your cross / crucifix in a place of honor. You can place it on your mantle, a bookshelf, or a table. Put some lit candles nearby and prepare a place to kneel in front of it.

Kneel before the crucifix and spend some time in prayer. Thank Jesus for the gift of our salvation.

Make an act of contrition:

*My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.*

Say the Prayer Before the Crucifix:

*Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee that Thou wouldst impress upon my heart lively sentiments of faith, hope and charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul I ponder within myself and mentally contemplate Thy five wounds, having before my eyes the words which David, Thy prophet put on Thy lips concerning Thee: 'They have pierced My hands and My feet, they have numbered all My bones' (Psalm 21: 17,18).*

Say an Our Father:

*Our Father, who art in heaven, hallowed be Thy name. Thy Kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.*

Say a Hail Mary:

*Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed be the name of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death, Amen.*

Say a Glory Be:

*Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

Kiss the crucifix. Spend as much time as you'd like to in prayer before the crucifix meditating on the Passion. Whenever you'd like to, kiss Jesus' feet on your crucifix and remember how truly loved we all are.

When everyone who wants to has venerated the cross, you can take the cross you made and attach it to the greenery on your front door from Palm Sunday.