

## **Prayer Before the Crucifix**

Behold, O kind and gentle Jesus, I kneel before you and pray that you would impress upon my heart the virtues of faith, hope and charity, with true repentance for my sins and a firm purpose of amendment. At the same time, with sorrow I meditate on your five precious wounds, having in mind the words which David spoke in prophecy: "They have pierced my hands and my feet. I can count all my bones." (Psalm 22)