



Look down upon me,
good and gentle Jesus,
while before Your face
I humbly come, †
and with burning soul
pray and beseech You
to fix deep in my heart lively senti-
ments of faith, hope, and charity,
of true contrition for my sins and
a firm purpose of amendment –
the while I contemplate with great
love and tender pity Your five
most precious wounds, pondering
over them within me, and calling
to mind the words which David, Your
prophet, said of You, my Jesus:
“They have pierced my hands and feet;
they have numbered all my bones”

We adore You, O Christ,
and we praise You. †
Because by Your holy
Cross You have redeemed the world