

Prayer Before a Crucifix

Traditional Catholic prayer, translated from the Latin En ego, o bone et dulcissime Iesu.

Prayer Before a Crucifix

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

Alternate Version

Behold, O good and sweetest Jesus,
I cast myself upon my knees in Thy sight,
and with the most fervent desire of my soul
I pray and beseech Thee to impress upon my heart
lively sentiments of faith, hope and charity,
with true repentance for my sins
and a most firm desire of amendment.
Whilst with deep affection and grief of soul
I consider within myself and mentally contemplate
Thy five most precious wounds,
having before mine eyes that which David,
the prophet, long ago spoke concerning Thee,
"They have pierced My hands and My feet,
they have numbered all My bones."
Amen.

Pray one Our Father, one Hail Mary, and one Glory Be for the Holy Father's intentions after the Prayer Before a Crucifix.