



Look down upon me, good and gentle Jesus,  
 while before Your face I humbly kneel and,  
 with burning soul,  
 pray and beseech You  
 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,  
 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 My feet,  
 they have numbered all My bones."  
 Amen.

Soul of Christ, sanctify me  
 Body of Christ, save me  
 Blood of Christ, inebriate me (*refresh me*)  
 Water from the side of Christ, wash me  
 Passion of Christ, strengthen me  
 O good Jesus, hear me  
 Within Thy wounds hide me  
 Separated from Thee let me never be  
 From the malicious enemy defend me  
 In the hour of my death call me  
 And bid me come unto Thee  
 That with thy saints I may praise Thee  
 Forever and ever  
 Amen

(Cardinal Newman)

I love You, O my God, and my only desire is to love  
 You until the last breath of my life.  
 I love You, O my infinitely lovable God,  
 and I would rather die loving You, than live without  
 loving You.

I love You, Lord and the only grace I ask is to love You  
 eternally  
 My God, if my tongue cannot say in every moment that  
 I love You,  
 I want my heart to repeat it to You as often as I draw  
 breath.

(Cure D'Ars)

You are Christ, my Holy Brother, my Tender God, my  
 Great King, my Good Shepherd, my Only Master, my  
 Best Helper, my Beloved, my Living Bread, my Priest  
 Forever, my Leader to my Country, my True Light, my  
 Straight Way, my Excellent Wisdom, my Pure  
 Simplicity, my Peaceful Harmony, my Entire Protection,  
 my Good Portion, my Everlasting Salvation.

Christ Jesus, Our Lord, why have I ever loved, why in  
 my whole life have I ever desired anything except You,  
 Jesus my God? Where was I when I was not in spirit  
 with You? Now, from this time forth, do you, all my  
 desires, grow hot, and flow out upon the Lord Jesus:  
 run... you have been tardy until now; hasten where you  
 are going; seek Whom you are seeking. O, Jesus may  
 he who loves You not be an anathema; may he who  
 loves You not be filled  
 with bitterness.



O, Jesus, may every good  
 feeling that is fitted for  
 Your praise, love You,  
 delight in You, adore You!  
 God of my heart, and my  
 Portion, Christ Jesus, may  
 my heart faint away in  
 spirit, and may You be my  
 Life within me! May the  
 live coal of Your Love  
 grow hot within my spirit  
 and break forth into a  
 perfect fire; may it burn  
 incessantly on the altar of  
 my heart; may it glow in

my innermost being; may it blaze in hidden recesses of  
 my soul; and in the days of my consummation may I be  
 found consummated with You! Amen.

(Augustine of Hippo)

Now you are the body of Christ, and  
 each one of you is a part of it.  
 1 Corinthians 12:27