† J.M.J.

Prayer to Jesus by the Merit of each Particular Pain which He Suffered in His Passion.

— Saint Alphonsus Liguori



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O my Jesus! by that humiliation which Thou didst practise in washing the feet of Thy disciples, I pray Thee to bestow upon me the grace of true humility, that I may humble myself to all, especially to such as treat me with contempt.

My Jesus, by that sorrow which Thou didst suffer in the garden, sufficient, as it was, to cause Thy death, I pray Thee to deliver me from the sorrow of hell, from, living for evermore at a distance from Thee, and without the power of ever loving Thee again.

My Jesus, by that horror which Thou hadst of my sins, which were then present to Thy sight, give me a true sorrow for all the offences which I have committed against Thee.

My Jesus, by that pain which Thou didst experience at seeing Thyself betrayed by Judas with a kiss, give me the grace to be ever faithful unto Thee, and never more to betray Thee, as I have done in time past. My Jesus, by that pain which Thou didst feel at seeing Thyself bound like a culprit to be taken before the judges, I pray Thee to bind me to Thyself by the sweet chains of holy love, that so I may nevermore see myself separated from Thee, my only good.

My Jesus, by all those insults, buffetings, and spittings which Thou didst on that night suffer in the house of Caiphas, give me the strength to suffer in peace, for love of Thee, all the affronts which I shall meet with from men.

My Jesus, by that ridicule which Thou didst receive from Herod in being treated as a fool, give me the grace to endure with patience all that men shall say of me, treating me as base, senseless, or wicked.

My Jesus, by that outrage which Thou didst receive from the Jews in seeing Thyself placed after Barabbas, give me the grace to suffer with patience the dishonor of seeing myself placed after others.

My Jesus, by that pain which Thou didst suffer in Thy most holy body when Thou wast so cruelly scourged, give me the grace to suffer with patience all the pains of my sicknesses, and especially those of my death.

My Jesus, by that pain which Thou didst suffer in Thy most sacred head when it was pierced with the thorns, give me the grace never to consent to thoughts displeasing unto Thee.

My Jesus, by that act of Thine by which Thou didst accept of the death of the cross, to which Pilate condemned Thee, give me the grace to accept of my death with resignation, together with all the other pains which shall accompany it.

My Jesus, by the pain which Thou didst suffer in carrying Thy cross on Thy journey to Calvary, give me the grace to suffer with patience all my crosses in this life.

My Jesus, by that pain which Thou didst suffer in having the nails driven through Thy hands and Thy feet, I pray Thee to nail my will unto Thy feet, that so I may will nothing save that which Thou dost will.

My Jesus, by the affliction which Thou didst suffer in having gall given Thee to drink, give me the grace not to offend Thee by intemperance in eating and drinking.

My Jesus, by that pain which Thou didst experience in taking leave of Thy holy Mother upon the cross, deliver me from an inordinate love for my relatives, or for any other creature, that so my heart may be wholly and always Thine.

My Jesus, by that desolation which Thou didst suffer in Thy death in seeing Thyself abandoned by Thy Eternal Father, give me the grace to suffer all my desolations with patience, without ever losing my confidence in Thy goodness.

My Jesus, by those three hours of affliction and agony which Thou didst suffer when dying upon the cross, give me the grace to suffer with resignation, for love of Thee, the pains of my agony at the hour of death.

My Jesus, by that great sorrow which Thou didst feel when Thy most holy soul, when Thou wast expiring, separated itself from Thy most sacred body, give me the grace to breathe forth my soul in the hour of my death, offering up my sorrow then to Thee, together with an act of perfect love, that so I may go to love Thee in heaven, face to face, with all my strength, and for all eternity.

And thee, most holy Virgin, and my Mother Mary, by that sword which pierced thine heart when thou didst behold thy Son bow down his head and expire, do I pray to assist me in the hour of my death, that so I may come to praise thee and to thank thee in paradise for all the graces that thou hast obtained for me from God.

St. Alphonsus de Liguori, *The Passion and the Death of Jesus Christ*, Ed. Eugene Grimm, 1887, pp. 476-478, available at archive.org.