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# THE CROSS PRAYER

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Oh. Adorable Lord and Saviour  
Jesus Christ, You have suffered  
death on the Cross for our sins.  
Oh Holy Cross of Jesus. be my  
true light! Oh. Holy Cross fill my  
soul with good thoughts, Oh Holy Cross ward off from me  
all things that are evil. Oh. Holy Cross ward off from me  
all dangers and deaths and give me life everlasting! Oh.  
Crucified Jesus of Nazareth have mercy on me now and  
forever. In honour of the Precious Blood of Jesus, His  
death, resurrection and ascen-  
sion which lead to everlasting  
life; true as Jesus was born  
on Christmas Day; true as  
Jesus was crucified on Good  
Friday; true as Joseph and  
Nicodemus took Jesus down  
from the cross and buried Him;  
true as Jesus ascended into  
Heaven, may He preserve me  
from my enemies visible and in-  
visible forever. Oh, Lord Jesus  
Christ have mercy on me! Mary  
and Joseph, pray for me. Lord  
Jesus Christ through Your suffering the  
Cross grant me strength to bear the Cross without fear or  
dread and give me the grace that I may follow You. AMEN.

**THIS** prayer was found in the Sepulchre of our Lord and Saviour Jesus Christ in the year 803 and was sent by the Pope to the Emperor Charles on the evening of his departure as he went to battle for his safety.