THE CROSS PRAYER

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 ascension 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 invisible 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.