

Guardian Angel Prayer

O holy angel, whom God, by the effect of His goodness and His tender regard for my welfare, has charged with the care of my conduct, and who assists me in all my wants and comforts me in all my afflictions, who supports me when I am discouraged and continually obtains for me new favours, I return you profound thanks, and I earnestly beseech you, O most amiable protector, to continue thy charitable care and defence of me against the malignant attacks of all my enemies. Keep me away from all occasions of sin. Obtain for me the grace of listening attentively to your holy inspirations and of faithfully putting them into practice, In particular, I implore you to obtain for me the relief and deliverance of all the souls in Purgatory, the ones who prayed for the souls themselves while still on earth; the forgotten and abandoned souls; the souls of my relatives and friends; the souls of priests and religious; the souls of all those to whom I am obligated by charity to pray for and may have neglected by laxity in memory; and most especially for the soul I here name in this prayer. [...*Mention the person or think of them...*]

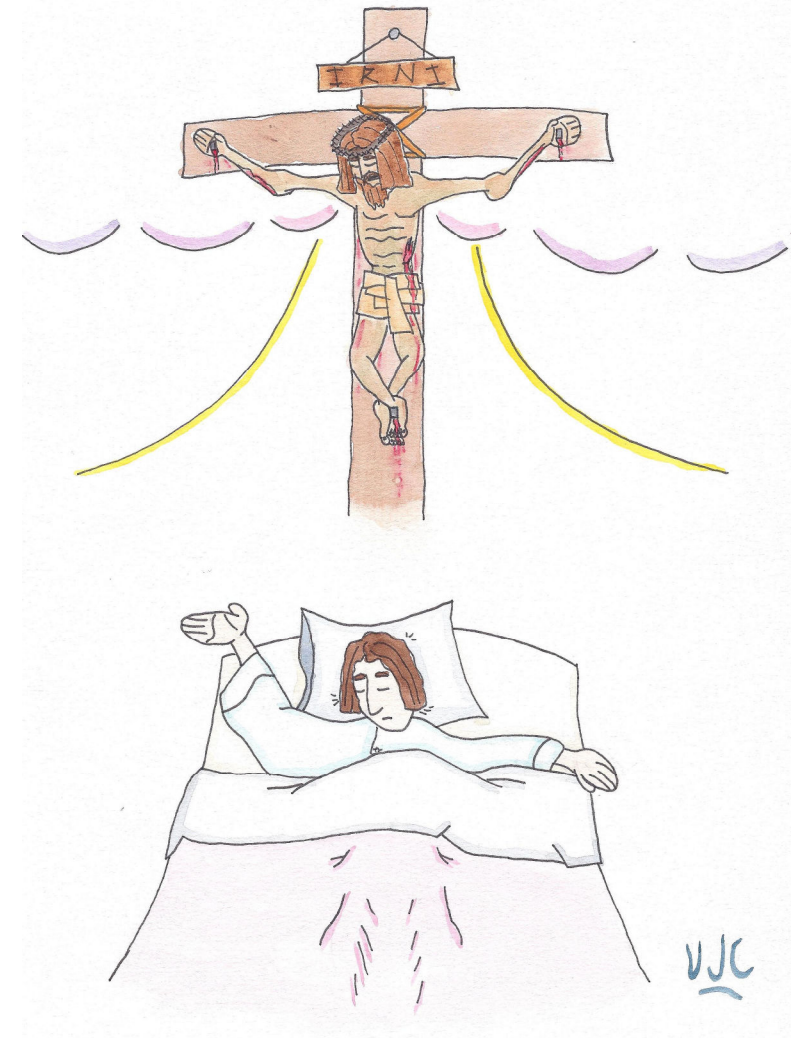
Please show me, and train me how to pray for the holy souls in the way that most pleases God. Please protect me in all the temptations and trials of this life. but most especially at the hour of my death, and do not leave me until you have conducted me into the presence of my Creator in the mansions of everlasting happiness. Amen.

Catechism of the Catholic Church 1523 If the sacrament of anointing of the sick is given to all who suffer from serious illness and infirmity, even more rightly is it given to those at the point of departing this life; so it is also called the sacrament of those departing. The Anointing of the Sick completes our conformity to the death and Resurrection of Christ, just as Baptism began it. It completes the holy anointings that mark the whole Christian life: that of Baptism which sealed the new life in us, and that of Confirmation which strengthened us for the combat of this life. This last anointing fortifies the end of our earthly life like a solid rampart for the final struggles before entering the Father's house.

Artwork : www.cavanaghart.com Booklet compiled by www.societyofsaints.net

Keeping Vigil

Prayer Handbook for the Dying and their loved ones



Short Version

This little handbook contains all kinds of prayers, scripture quotations, excerpts from books, and stories to help all those preparing for death, their own or that of a loved one. Use whatever helps you most.

The Seven Penitential Psalms of St Augustine

Of the 150 Psalms in the Bible, seven of them are called 'Penitential Psalms'. St Augustine of Hippo, during his last illness, requested that these seven psalms be copied out and put on the wall beside his bed, and he prayed them continually. These psalms are recommended for recitation at the bedsides of the seriously sick and the dying.

It is traditional to conclude each Psalm with a 'Glory Be'.

Glory be to the Father, and to the Son and to the Holy Spirit
As it was in the beginning, is now, and ever shall be,
world without end. Amen.

They are:

Psalm 6 Prayer in ordeal

Psalm 31(32) Prayer of admission of sin

Psalm 37(38) Prayer in distress

Psalm 50(51) Prayer for remission of sins

Psalm 101(102) Prayer in misfortune

Psalm 129(130) Prayer imploring God's mercy

Psalm 142(143) Prayer of humble entreaty

Psalm 6 Prayer in ordeal

Lord, do not reprove me in Your anger;

Punish me not in your rage.

Have mercy on me, Lord, I have no strength;

Lord, heal me, my body is racked;

My soul is racked with pain.

Rescue me, Lord, from my enemies;

I have fled to You for refuge.

Teach me to do Your will

for You, O Lord, are my God.

Let Your good spirit guide me

in ways that are level and smooth.

For Your name's sake, Lord, save my life;

in Your justice save my soul from distress.

St Lutgardis

This Saint lived from 1182-1246. Towards the end of her life when she was blind and bedridden she asked Jesus how He wanted her to use the time remaining to her on earth. He graciously told her to do three things : to give thanks to God for all that she had received in life : to pray for the conversion of sinners : to trustingly accept everything that happens, pleasant and unpleasant, as coming from His hands for her greatest good.

Prayer of Commendation for the Dying

To be prayed with faith when someone is very close to death

Go forth, Christian soul, from this world

in the name of God the almighty Father, Who created you

in the name of Jesus Christ,

Son of the living God, Who suffered for you,

in the name of the Holy Spirit, Who was poured out upon you

go forth, faithful Christian.

May you live in peace this day. May your home be with God,

with Mary, the virgin Mother of God, with Joseph,

and all the Angels and Saints. Amen.

Psalm 142 (143) Prayer of humble entreaty

Lord, listen to my prayer:
turn Your ear to my appeal.
You are faithful, You are just; give answer.
Do not call Your servant to judgment
for no one is just in Your sight.

The enemy pursues my soul;
he has crushed my life to the ground;
he has made me dwell in darkness
like the dead, long forgotten.
therefore my spirit fails;
my heart is numb within me.

I remember the days that are past:
I ponder all Your works.
I muse on what Your hand has wrought
and to You I stretch out my hands.
Like a parched land my soul thirsts for You.

Lord, make haste and answer;
for my spirit fails within me.
Do not hide Your face
lest I become like those in the grave.

In the morning let me know Your love
for I put my trust in You.
Make me know the way I should walk:
to You I lift up my soul.

But You, O Lord... how long?
Return, Lord, rescued my soul.
Save me in Your merciful love;
For in death no one remembers You;
From the grave, who can give You praise?

I am exhausted with my groaning;
Every night I drenched my pillow with tears;
I bedew my bed with weeping.
My eye wastes away with grief;
I have grown old surrounded by my foes.

Leave me, all you who do evil;
For the Lord has heard my weeping.
The Lord has heard my plea;
The Lord will accept my prayer.
All my foes will retire in confusion,
Foiled and suddenly confounded.

Prayer of Trust when facing difficulty

Thank You in advance, O Lord, for everything Your goodness will send me (today, this year, the rest of my life). Thank You for the cup of suffering from which I shall daily drink. Do not diminish its bitterness, O Lord, but strengthen my lips that, while drinking of this bitterness, they may know how to smile for love of You, my Master.

I thank You for Your countless comforts and graces that flow down upon me each day like the morning dew, silently, imperceptibly, which no curious eye may notice, and which are known only to You and me, O Lord. For all this, I thank You as of today because, at the

moment when You hand me the cup, my heart may not be capable of giving thanks.

So today I submit myself completely and with loving consent to Your holy will, O Lord, and to Your most wise decrees, which are always full of clemency and mercy for me, though at times I can neither understand nor fathom them. O my Master, I surrender myself completely to You, who are the rudder of my soul; steer it Yourself according to Your divine wishes. I enclose myself in Your most compassionate Heart, which is a sea of unfathomable mercy.

Jesus, I trust in You

Prayer of St Faustina (1905-1938), passages 1449, 1450

Psalm 31(32) Prayer of admission of sin

Happy the man whose offence is forgiven,
whose sin is remitted.

O happy the man to whom the Lord
imputes no guilt,
in whose spirit is no guile.

I kept it secret and my frame was wasted.

I groaned all day long
for night and day Your hand
was heavy upon me.

Indeed, my strength was dried up
as by the summer's heat.

But now I have acknowledged my sins;
my guilt I did not hide.

I said: 'I will confess
my offence to the Lord.'

Our Father, who art in heaven hallowed be Your Name;
Your kingdom come;

Your will be done on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses

as we forgive those who trespass against us;

and lead us not into temptation

but deliver us from evil. Amen.

Hail Mary, full of grace. The Lord is with you.

Blessed are you among women,

and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,

now, and at the hour of our death. Amen.

I believe in God the Father Almighty,

the creator of Heaven and Earth,

and in Jesus Christ His only Son, Our Lord,

who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died and was buried.

He descended into Hell, on the third day He rose again from the dead.

He ascended into Heaven and is seated at the right hand

of God the Father Almighty.

From thence He shall come to judge the living and the dead.

I believe in the Holy Spirit,

the Holy Catholic Church, the communion of saints,

the forgiveness of sins, the resurrection of the body

and life everlasting. Amen.

The Chaplet of Divine Mercy, as given to St. Faustina
(using ordinary rosary beads)

Begin with:

Our Father...

Hail Mary...

The Apostles' Creed (ie I Believe in God...)

Then, on the Our Father beads you will say the following words:

**Eternal Father, I offer You the Body and Blood, Soul and Divinity of
Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our
sins and those of the whole world.**

On the Hail Mary beads you will say the following words:

For the sake of His sorrowful Passion

have mercy on us and on the whole world.

In conclusion, three times you will recite these words:

**Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.**

Jesus said to St. Faustina: **My daughter, encourage souls to say the
chaplet which I have given to you. It pleases Me to grant everything
they ask of Me by saying the chaplet. When hardened sinners say it,
I will fill their souls with peace, and the hour of their death will be a
happy one.**

He also said to her: **Say unceasingly the chaplet that I have taught
you. Whoever will recite it will receive great mercy at the hour of
death. Priests will recommend it to sinners as their last hope of
salvation. Even if there were a sinner most hardened, if he were to
recite this chaplet only once, he would receive grace from My
infinite mercy. I desire that the whole world know My infinite
mercy. I desire to grant unimaginable graces to those souls who
trust in My mercy.**

And you, Lord, have forgiven
the guilt of my sin.

So let every good man pray to You
in the time of need.

The floods of water may reach high
but him they shall not reach.

You are my hiding place, O Lord;

You save me from distress.

You surround me with cries of deliverance.

I will instruct you and teach you
the way you should go;

I will give you counsel
with My eye upon you.

Be not like horse and mule, unintelligent,
needing bridle and bit,

else they will not approach you.

Many sorrows has the wicked
but he who trusts in the Lord,
loving mercy surrounds him.

Rejoice, rejoice in the Lord,
exult, you just!

O come, ring out your joy,
all you upright of heart.

Often in illness it is hard to pray on your own anything longer than the
simplest of prayers. **'Jesus, Mary, I love you, save souls'**, is a prayer
that says it all and can be prayed easily even in great pain.

Story reprinted from 'Ave Maria' January 2006 issue, in turn reprinted from 'Totus Tuus' Bulletin July 1991

A Most Precious Time by Maria Baroness von Trapp (Sound of Music fame) An account of her near-death experience.

'I am most grateful now for a personal experience of my own some years ago: I almost died. I had been very sick, and now the end – as the doctor thought – had come.

'Never will I forget what it meant in that anxiety to receive the Last Sacraments. With what eagerness one searches every corner of one's soul in preparing for the last Confession. With what deep emotion one listens to the great 'Ego te absolve', which wipes out every sin. With what great longing one receives Our Lord in Holy Viaticum.

'One understands that time is running short, and only in time can we do anything for Him, so every moment is precious to express one's love and one's complete resignation to the will of the Father.

'But that is not all. Then comes the great and mysterious Sacrament with which our Holy Mother the Church prepares us to go to Heaven. That time when the priest anoints our senses with the holy oils, pronouncing the momentous words: 'Through this holy anointing and through His most tender mercy, may the Lord forgive you whatever you have sinned through the sense of sight; the sense of hearing; the sense of touch; the sense of taste, the sense of smell. Amen' and as the holy hands of the priest touch our eyes, our ears, our hands and feet, our lips and nose with the consecrated oil, the last stain of sin is removed. As the soul contemplates this, a deep peace descends on it.

'People don't realize how cruel they are in their wrongly understood 'consideration' when they keep the priest away as long as possible from their beloved sick, in order not to excite them. They don't know

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed He will redeem
from all its iniquity.

From St Faustina's Diary (1035, 1036)

+This evening, a certain young man was dying; he was suffering terribly. For his intention, I began to say the chaplet which the Lord had taught me. I said it all, but the agony continued. I wanted to start the Litany of the saints, but suddenly I heard the words, **Say the chaplet.** I understood that the soul needed the special help of prayers and great mercy. And so I locked myself in my room and fell prostrate before God and begged for mercy upon that soul. Then I felt the great majesty of God and His great justice. I trembled with fear, but did not stop begging the Lord's mercy for that soul. Then I took the cross off my breast, the crucifix I had received when making my vows, and I put it on the chest of the dying man and said to the Lord, 'Jesus, look on this soul with the same love with which You looked on my holocaust on the day of my perpetual vows, and by the power of the promise which You made to me in respect to the dying and those who would invoke Your mercy on them, [grant this man the grace of a happy death].' His suffering then ceased, and he died peacefully. Oh, how much we should pray for the dying! Let us take advantage of mercy while there is still time for mercy.

+ I realize more and more how much every soul needs God's mercy throughout life and particularly at the hour of death. This chaplet mitigates God's anger, as He Himself told me.

How to pray the Chaplet of Mercy is on the next page

earth your prayer for the repose of their souls will rise up to God, although you never knew them nor they you. How deeply moving it must be for a man's soul, as he stands in fear and trembling before the Lord, to know at that very instant that there is someone to pray even for him, that there is still a fellow creature left on earth who loves him! And God will look on both of you more favourably, for if you have had so much pity on him, how much greater will God's pity be, for God is infinitely more loving and merciful than you! And He will forgive him for your sake.

O Lord, have mercy upon all those who will appear before You this day, and grant them a favourable judgment.

Psalm 129 (130) Prayer imploring God's mercy

Out of the depths I cry to You, O Lord,
Lord, hear my voice!
O let Your ears be attentive
to the voice of my pleading.

If You, O Lord, should mark our guilt,
Lord, who would survive?
But with You is found forgiveness:
for this we revere You.

My soul is waiting for the Lord,
I count on His word.
My soul is longing for the Lord
more than the watchman for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

that they deprive their loved ones of the greatest consolation. 'Is any man sick among you?' writes St James the Apostle. 'Let him bring in the priests of the Church, and let them pray over him, anointing him with oil in the name of the Lord. And prayer of faith shall save the sick man, and the Lord shall raise him up, and if he be in sins, they shall be forgiven him.'

'I was alone in the hospital in Vienna, my family, hundreds of miles away on a sailing holiday. As I lay there with my eyes closed, waiting for death, I heard the doctor say to the nurse that it wouldn't make any sense to try to contact the family. It was definitely too late for them to reach me. Although the doctor talked in a whisper, I could hear him clearly.

'All my senses seemed to merge and concentrate into the one sense of hearing. I noticed that while I was opening my eyes wide, I could see nothing, although it was ten o'clock in the morning. Sight was gone. I heard the rustle of the sheets as the nurse removed them from the foot of the bed, and I heard her hands gliding over my feet and her voice when she said, 'her feet are already cold,' but I couldn't feel it. Touch was gone.

'I heard the doctor say he would give me a camphor injection and I heard the click of the needle; and although camphor has such a strong odour, I didn't smell it. That was gone. 'Am I dying?' I wanted to ask, but I couldn't move, couldn't speak. And then hearing also stopped, and there was a silence, more intense than any silence I can remember.

'The body might be helpless, but the soul was wide awake and in full possession of its faculties. Undisturbed by the outside, memory was keener than ever before. And in this anguish of the last agony, the soul passed once more through its past life, seeing everything so

much more clearly.

‘Although nothing is to be seen, the soul senses very sharply the presence of a power which wants to influence it to give up; the sins are too many and too horrible to allow of any hope. But it also senses another spiritual power present. It may be the Guardian Angel, soothing the soul, reminding it: ‘If your sins be as scarlet, they shall be made as white as snow: If they be red as crimson, they shall be white as wool:’ reminding the soul of the bottomless mercy and love of the Heavenly Father, Whom it is to meet very soon now.

‘And then? Well, I did not die! But for the rest of my life I shall be grateful for those most precious moments.

‘The nurse told me afterwards, that for a little while they thought that I was already dead; and now I understand why Holy Mother the Church allows her priests to anoint a person up to four hours after the doctor has pronounced them dead, because obviously the very moment of death is a secret of God.

‘Afterwards, I found out that this seems to be a general experience. They say the senses die slowly, one by one. Therefore, we should take great care what is said and done in the presence of the dying. While they are fighting their last decisive battle, it would mean such a help if they could hear us talk to them about the Mercy of God, about having trust and confidence.

‘One day we shall have to take that same step, too. This might be the best preparation.’

Psalm 37(38) Prayer in distress

O Lord, do not rebuke me in Your anger;
do not punish me, Lord, in Your rage.
Your arrows have sunk deep in me;
Your hand has come down upon me.

you what she would do, what she would have you do, and you will feel yourself assisted in this great act of charity, the act of charity which will render you inexpressibly dear to your Mother, for you will be imitating her on Calvary, imitating her in the work of love she so loved, while on earth, to perform for the early Christians. As I have said, the one thing which induced her to leave the retirement in which she lived after the death of Jesus was to be present at His death again in the person of His members, and to perform the Motherly offices for them which it would so have solaced her afflicted heart if she could have performed for Him.

Happy those who are drawn by God’s Holy Spirit to imitate Mary in her work of love at the bed of death. Glorious vocation, given yet to few! O God, breathe Thy wish into the hearts of those chosen ones of this earth, Mary’s own; inspire them to go forth imbued with her spirit, possessing her heart, to make the chamber of death another Calvary – giving glory unspeakable to Thee, O Most Holy Trinity, Who livest and reignest for endless ages in peace unspeakable...blissful, loving, and resplendent...Who created the souls of all that they might rest with Thee for ever and ever. Amen.

From ‘The Discourses of Father Zossima’ by Fyodor Dostoevsky

Every day call this prayer to mind, and repeat it to yourself as often as possible:

“Lord, have mercy on all who appear before Thee today.”

For at every hour and every moment thousands of people depart from this earthly life and their souls appear before God—and how many of them depart in loneliness, unknown to anyone, sad and dejected because no one feels sorrow for them or even cares whether they are alive or not! And then, perhaps, from the other end of the

Let this be written for ages to come
that a people yet unborn may praise the Lord ;
for the Lord leaned down from His sanctuary on high.
He looked down from heaven to the earth
that He might hear the groans of the prisoners
and free those condemned to die.

The sons of Your servants shall dwell untroubled
and their race shall endure before You
that the name of the Lord may be proclaimed in Sion
and His praise in the heart of Jerusalem,
when peoples and kingdoms are gathered together
to pay their homage to the Lord.

He has broken my strength in mid-course ;
He has shortened the days of my life.
I say to God : 'Do not take me away
before my days are complete,
You, Whose days last from age to age.

Long ago you founded the earth
and the heavens are the work of Your hands.
They will perish but You will remain.
They will all wear out like a garment.
You will change them like clothes that are changed.
But you neither change, nor have an end.'

From Chapter 4 of 'Devotion for the Dying' by Ven. Mary Potter
Look upon that dying man by whose bed you are standing, remember
that he is a member of the Mystical Body of Jesus; ask Mary to show

Through your anger all my body is sick:
through my sin, there is no health in my limbs.
My guilt towers higher than my head;
it is a weight too heavy to bear.

My wounds are foul and festering,
the result of my own folly.
I am bowed and brought to my knees.
I go mourning all the day long.

All my frame burns with fever;
All my body is sick.
Spent and utterly crushed,
I cry aloud in anguish of heart.

O Lord, You know all my longing:
My groans are not hidden from You.
My heart throbs, my strength is spent;
the very light has gone from my eyes.

My friends avoid me like a leper;
those closest to me stand afar off.
Those who plot against my life lay snares;
those who seek my ruin speak of harm,
planning treachery all the day long.

But I am like the deaf who cannot hear,
Like the dumb unable to speak.
I am like a man who hears nothing
in whose mouth is no defence.

I count on you, O Lord:
it is You, Lord God, Who will answer.
I pray : 'Do not let them mock me,
those who triumph if my foot should slip.'

For I am on the point of falling
and my pain is always before me.
I confess that I am guilty
and my sin fills me with dismay.

My wanton enemies are numberless
and my lying foes are many.
They repay me evil for good
and attack me for seeking what is right.

O Lord, do not forsake me!
My God, do not stay afar off!
Make haste and come to my help,
O Lord, my God, my Saviour!

Prayer in Sickness

Lord, Your will be done;
I take and accept this sickness in penance and reparation for my sins.
I offer up to You my sufferings,
together with all that my Saviour Jesus has suffered for me;
and I beg of You, dear God,
through His sufferings to have mercy on me.
Free me from this illness and pain if You will, and if it be for my good.
You love me too much to let me suffer unless it be for my good.
Therefore, O loving Lord, I entrust myself to You;

I cry with all my strength
and my skin clings to my bones.

I have become like a pelican in the wilderness,
like an owl in desolate places.
I lie awake and I moan
like some lonely bird on a roof.
All day long my foes revile me;
those who hate me use my name as a curse.

The bread I eat is ashes;
my drink is mingled with tears.
In Your anger, Lord, and Your fury
You have lifted me up and thrown me down.
My days are like a passing shadow
and I wither away like the grass.

But You, O Lord, will endure for ever
and Your name from age to age.
You will arise and have mercy on Sion :
for this is the time to have mercy,
yes, the time appointed has come,
for Your servants love her very stones,
are moved with pity even for her dust.

The nations shall fear the name of the Lord
and all the earth's kings Your glory,
when the Lord shall build up Sion again
and appear in all His glory.
Then He will turn to the prayers of the helpless ;
He will not despise their prayers.

Some of the Promises of Jesus for those who practice this devotion

*At each word that you pronounce of the Chaplet of the Holy Wounds, I allow a drop of My Blood to fall upon the soul of a sinner.

*Each time that you offer to My Father the merits of My divine Wounds, you win an immense fortune.

*There will be no death for the soul that expires in My Holy Wounds; they give true life. This chaplet is a counterpoise to My justice; it restrains My vengeance.

*Those who pray with humility and who meditate on My Passion, will one day participate in the glory of My divine Wounds.

*The more you will have contemplated My painful Wounds on earth, the higher will be your contemplation of them glorious in Heaven.

*The soul who during life has honoured the Wounds of Our Lord Jesus Christ and has offered them to the Eternal Father for the Souls in Purgatory, will be accompanied at the moment of death by the Holy Virgin and the angels; and Our Lord on the Cross, all brilliant in glory, will receive her and crown her.

Psalm 101 (102) Prayer in misfortune

O Lord, listen to my prayer
and let my cry for help reach You.
Do not hide Your face from me
in the day of my distress.
Turn your ear towards me
and answer me quickly when I call.

For my days are vanishing like smoke,
my bones burn away like a fire.
My heart is withered like the grass.
I forget to eat my bread.

Do with me as You please.

In sickness and in health I wish to love You always. Amen.

Prayer for the Dying

Millions and billions of times, Mercy, my Jesus, Mercy,
on all the dying souls in the world until the end of time.

Millions and billions of times we offer to You, Eternal Father,
the Precious Blood and the Tears of Blood
for the souls of the dying until the end of time.

Cover them with the Precious Blood of Our Lord Jesus and the Tears
of Blood of the Sorrowful and Immaculate Heart of Mary,
so that the enemy has no power over them. Amen.

O most merciful Jesus, lover of souls, I beseech You, by the agony of
Your Most Sacred Heart and by the sorrows of Your Immaculate
Mother, wash clean in Your Blood the sinners of the whole world
who are now in their agony and who are to die this day.
Heart of Jesus, who suffered death's agony, have mercy on the dying.
Amen.

Psalm 50(51) Prayer for remission of sins

Have mercy on me, God, in Your kindness.
In Your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin.

My offences truly I know them;
my sin is always before me.
Against You, You alone, have I sinned;
what is evil in Your sight I have done.

That You may be justified when You give sentence
and be without reproach when You judge
O see, in guilt I was born,
a sinner was I conceived.

Indeed You love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones You have crushed may revive.
From my sins turn away Your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from Your presence,
nor deprive me of Your holy spirit.

Give me again the joy of Your help;
with a spirit of fervour sustain me,
that I may teach transgressors Your ways
and sinners may return to You.

O rescue me, God my helper,
and my tongue shall ring out Your goodness.
O Lord, open my lips
and my mouth shall declare Your praise.

For in sacrifice You take no delight,
burnt offering from me You would refuse,
my sacrifice, a contrite spirit.
A humbled, contrite heart You will not spurn.

In Your goodness, show favour to Sion:
rebuild the walls of Jerusalem.
Then You will be pleased with lawful sacrifice,
holocausts offered on Your altar.

The Chaplet of the Holy Wounds

Initial prayers on the Crucifix

O Jesus, Divine Redeemer, be merciful to us and to the whole world.
Amen,

Strong God, holy God, immortal God, have mercy on us and on the
whole world. Amen

Grace and mercy, O my Jesus, during present dangers; cover us with
Your Precious Blood. Amen.

Eternal Father, grant us mercy through the Blood of Jesus Christ,
Your only Son, grant us mercy, we beseech You. Amen. Amen. Amen.

On the large beads of a rosary

V. Eternal Father, I offer You the Wounds of Our Lord Jesus Christ.

R. To heal the wounds of our souls

On the small beads

V. My Jesus, pardon and mercy

R. Through the merits of Your Holy Wounds

*(if you don't have rosary beads, use your 10 fingers for the small beads
and do 5 sets of the prayers)*