

THE TWENTY-FOUR HOURS OF THE PASSION

Preparation before each hour

O my Lord Jesus Christ, prostrate in your divine presence, I implore your most loving Heart to admit me to the sorrowful meditation of the 24 hours in which for love of us You wanted to suffer so much, in your adorable body and in your most holy soul, unto death on the Cross. O please, give me help, grace, love, deep compassion and understanding of your sufferings, as I now meditate the ___ Hour.

And for those which I cannot meditate, I offer You my will to meditate them, and I willingly intend to meditate them in all the hours in which I have to apply myself to my duties, or sleep.

Accept, O merciful Lord, my loving intention, and let it be beneficial for me and for all, as if I effectively and in a saintly way accomplished what I wish to practice.

Meanwhile, I give You thanks, O my Jesus, for calling me to union with You by means of prayer. And to please You more, I take your thoughts, your tongue, your Heart, and with this I intend to pray, fusing all of myself in your Will and in your love; and stretching out my arms to hug You, I place my head on your Heart, and I begin.

Thanksgiving after each hour

My lovable Jesus, You have called me in this hour of your Passion to keep You company, and I have come. I seemed to hear You praying, repairing and suffering, in anguish and sorrow, pleading for the salvation of souls in the most touching and eloquent voices.

I tried to follow You in everything; and now, having to leave You for my usual occupations, I feel the duty to say to You, 'Thank You' and 'I bless You.'

Yes, O Jesus, I repeat to You 'Thank You' thousands and thousands of times, and 'I bless You' for all that You have done and suffered for me and for all. I thank You and I bless You for every drop of Blood You shed, for every breath, for every heartbeat, for every step, word, glance, bitterness and offense which You endured. In everything, O my Jesus, I intend to seal You with a 'Thank You' and an 'I bless You.'

Please, O Jesus, let my whole being send You a continuous flow of thanks and blessings, so as to draw upon me and upon everyone the flow of your blessings and thanks. Please, O Jesus, press me to your Heart, and with your most holy hands seal every particle of my being with your 'I bless you', so that nothing other than a continuous hymn to You may come from me.

First Hour

From 5 to 6 PM

Jesus takes leave of His Most Holy Mother