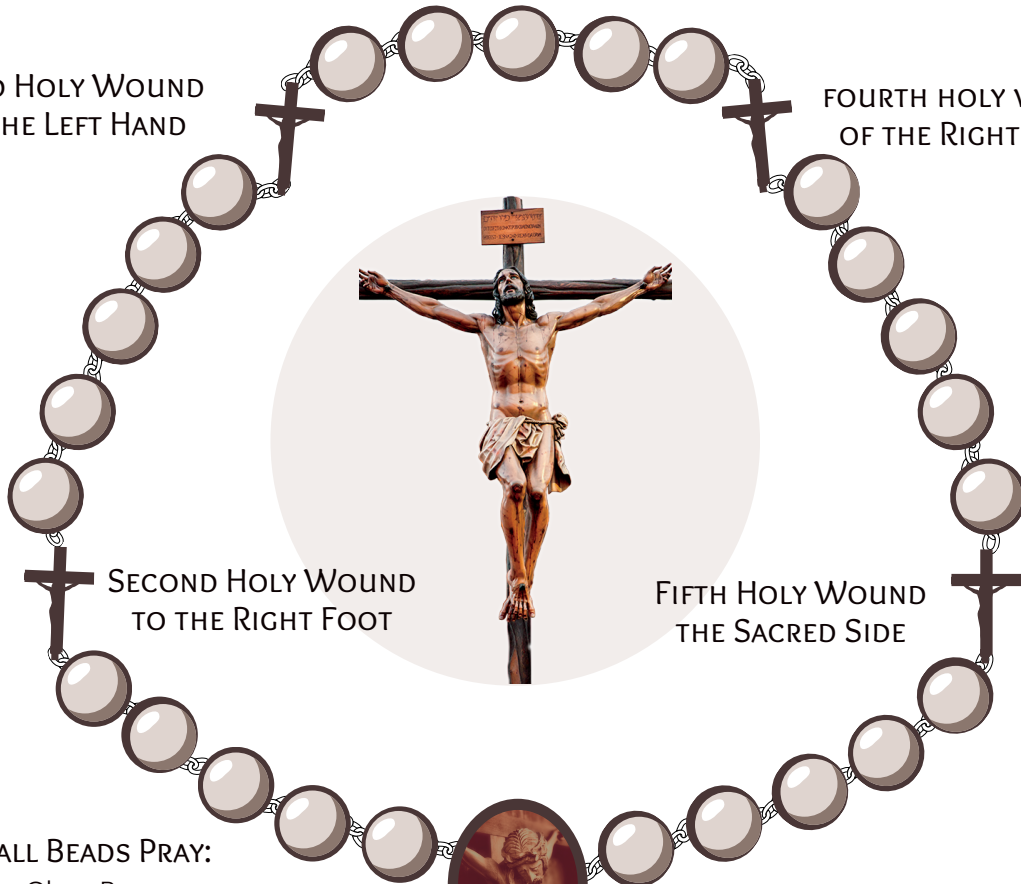


# FIVE HOLY WOUNDS CHAPLET

## PRAYER OF REPENTANCE

THIRD HOLY WOUND  
TO THE LEFT HAND

FOURTH HOLY WOUND  
OF THE RIGHT HAND



SECOND HOLY WOUND  
TO THE RIGHT FOOT

FIFTH HOLY WOUND  
THE SACRED SIDE

5 SMALL BEADS PRAY:  
Glory Be

THEN PRAY:

Holy Mother! Pierce me through;  
In my heart each wound renew  
Of my Savior crucified.

CONCLUDING PRAYER:

O Lord Jesus Christ, who at the sixth hour of the day didst, for the redemption of the world, mount the gibbet of the cross, and shed Thy Precious Blood for the remission of sins; we humbly beseech Thee to grant us, after our deaths, a joyful entrance into the gates of Paradise. Grant, we beseech Thee, O Lord Jesus Christ, that now, and at the hour of our death, blessed Mary ever Virgin, Thy Mother, may intercede for us, through whose most holy soul the sword passed in the hour of Thy Passion. Through Thee, Jesus Christ, Savior of the world, who with the Father and the Holy Spirit live and reign for ever and ever. Amen.

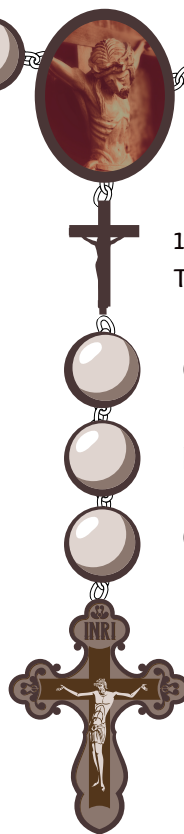
1ST HOLY WOUND  
TO THE LEFT FOOT

GLORY BE

HAIL MARY

OUR FATHER

ANIMA CHRISTI



## PRAYER INTENTIONS

O good and gentle Jesus, I kneel before you, and with all the fervor of my soul I pray that you engrave within my heart lively sentiments of faith, hope, and love, true repentance for my sins, and a firm purpose of amendment.

While I see and I ponder your five wounds with great affection and sorrow in my soul, I have before my eyes those words of yours that David prophesied about you:

***"My strength is dried up like a potsherd, and my tongue hath cleaved to my jaws; and thou hast brought me down into the dust of death. For many dogs have encompassed me: the council of the malignant hath besieged me. They have dug my hands and feet. They have numbered all my bones. And they have looked and stared upon me. They parted my garments amongst them; and upon my vesture they cast lots."***

## BEGINNING PRAYER

As I kneel before Thee on the cross, most loving Savior of my soul, my conscience reproaches me with having nailed Thee to that cross with these hands of mine, as often as I have fallen into mortal sin, wearying Thee with my monstrous ingratitude. My God, my chief and most perfect Good, worthy of all my love, for the many blessings Thou hast ever bestowed upon me; I cannot now undo my misdeeds as I would most willingly; but I will loathe them, grieving greatly for having offended Thee who art Infinite Goodness! And now, kneeling at Thy feet, I will try at least to console Thee, to give Thee thanks, to ask of Thee pardon and contrition; wherefore with heart and lips I say:

**Our Father  
Hail Mary  
Glory Be**

## TO THE FIRST HOLY WOUND: THE LEFT FOOT

Holy wound of the Left Foot of my Jesus! I adore Thee, I console Thee for the most bitter pain which Thou didst suffer. I thank Thee for the love whereby Thou wast wearied in overtaking me on the way to ruin, and didst bleed amid the thorns and brambles of my sins. I offer to the Eternal Father the pain and love of Thy most holy humanity, in atonement for my sins, all which I detest with sincere and bitter contrition.

**PRAY 5 GLORY BE PRAYERS, THEN HOLY MOTHER PIERCE ME THROUGH...**

## TO THE SECOND HOLY WOUND: THE RIGHT FOOT

Holy wound of the Right Foot of my Jesus! I adore Thee, I console Thee for the bitter pain which Thou didst suffer. I thank Thee for that love which pierced Thee with such torture and shedding of blood in order to punish my wanderings and the guilty pleasures I have granted to my unbridled passions. I offer to the Eternal Father all the pain and love of Thy most holy humanity, and I pray unto Thee for grace to weep over my transgressions with burning tears, and to enable me to persevere in the good which I have begun, without ever swerving again from my obedience to the commandments of my God.

**PRAY 5 GLORY BE PRAYERS, THEN HOLY MOTHER PIERCE ME THROUGH...**

## TO THE THIRD HOLY WOUND: THE LEFT HAND

Holy wound of the Left Hand of my Jesus! I adore Thee, I console Thee for the bitter pain which Thou didst suffer. I thank Thee for having, in Thy love, spared me the scourges and eternal damnation which my sins had merited. I offer to the Eternal Father the pain and love of Thy most holy humanity, and I pray Thee to teach me how to turn to good account my span of life, and bring forth in it worthy fruits of penance, and so disarm the justice of God, which I have provoked.

**PRAY 5 GLORY BE PRAYERS, THEN HOLY MOTHER PIERCE ME THROUGH...**

## TO THE FOURTH HOLY WOUND: THE RIGHT HAND

Holy wound of the Right Hand of my Jesus! I adore Thee, I console Thee for the bitter pain which Thou didst suffer. I thank Thee for Thy graces lavished on me with such love, in spite of all my most perverse obstinacy. I offer to the Eternal Father all the pain and love of Thy most holy humanity, and I pray Thee to change my heart and its affections, and make me do all my actions in accordance with the will of God.

**PRAY 5 GLORY BE PRAYERS, THEN HOLY MOTHER PIERCE ME THROUGH...**

## TO THE FIFTH HOLY WOUND: THE SACRED SIDE

Holy wound in the side of my Jesus! I adore Thee, I console Thee for the cruel insult Thou didst suffer. I thank Thee, my Jesus, for the love which suffered Thy side and heart to be pierced, that so the last drops of blood and water might issue forth, making my redemption to abound. I offer to the Eternal Father this outrage, and the love of Thy most holy Humanity, that my soul may enter once for all into that most loving Heart, eager and ready to receive the greatest sinners, and never more depart.

**PRAY 5 GLORY BE PRAYERS, THEN HOLY MOTHER PIERCE ME THROUGH...**

*(Pray Concluding Prayer on reverse side)*