

PRAYER BEFORE A CRUCIFIX

The Friday Indulgence

On any Friday during Lent a plenary indulgence is granted the Christian faithful who, after Communion, devoutly recite the above prayer before an image of Jesus Christ crucified. On other days of the year the indulgence is a partial one.

Handbook of Indulgences

One can obtain a plenary indulgence for himself. However, we can offer that plenary indulgence for a soul in purgatory. This is an act of charity and spiritual tithing to do during Lent.

A plenary indulgence is gained every Friday in Lent by saying the following prayer before a Crucifix after receiving Holy Communion. The usual requirements for a plenary indulgence also apply (see below).

**Behold, O kind and most sweet Jesus,
I cast myself upon my knees in Your sight,
and with the most fervent desire of my soul I pray and beseech You
that You would impress upon my heart lively sentiments of Faith, Hope, and Charity,
with true repentance for my sins, and a firm purpose of amendment,
while with deep affection and grief of soul I ponder within myself
and mentally contemplate
Your five most precious Wounds;
having before my eyes the words which David in prophecy
spoke concerning Yourself,
O good Jesus:
“They have pierced my hands and feet;
they have numbered all my bones.”**

Handbook of Indulgences, Norms

An indulgence is the remission in the eyes of God of the temporal punishment due to sins whose culpable element has already been taken away. The Christian faithful who are rightly disposed and observe the definite, prescribed conditions gain this remission through the effective assistance of the Church, which, as the minister of redemption, authoritatively distributes and applies the treasury of the expiatory works of Christ and the Saints.

1. Besides the exclusion of all attachment to sin, even venial sin, the requirements for gaining a Plenary Indulgence are the performance of the indulgenced work and fulfillment of three conditions: Sacramental Confession, Eucharistic Communion, and prayer for the Pope's intentions.
2. Several Plenary Indulgences may be gained on the basis of a single Sacramental Confession; only one may be gained, however, on the basis of a single Eucharistic Communion and prayer for the Pope's intentions.
3. The three conditions may be carried out several days preceding or following performance of the prescribed work. But it is more fitting that the Communion and the prayer for the Pope's intentions take place on the day the work is performed.
4. If a person is not fully disposed or if the prescribed work and the three mentioned conditions are not fulfilled, the Indulgence will only be partial ...”
5. The condition requiring prayer for the Pope's intentions is satisfied by reciting once the Our Father and Hail Mary for his intentions (Pater Noster and Ave Maria); nevertheless all the faithful have the option of reciting any other prayer suited to their own piety and devotion.”