



## **PRAYER OF THE HOLY WOUNDS OF CHRIST (FROM THE CREO MOVEMENT)**

### **Explanation:**

With this Ignatian type of contemplative prayer, we go deep into our hearts, creating a sacred bond with our beloved Lord Jesus.

In the first part, we contemplate Christ Crucified. As we gaze with reverence and love at his Holy Wounds, we can establish an intimate relationship with the Lord. We are invited to imagine symbolically removing the crown of thorns and nails from his Body as an act of love, contrition and reparation for our sins. This is grounded in the knowledge that "a broken and humbled heart, you, my God, do not despise" (Ps 50:19). This gesture, made in the silence of our prayer, unites us to the Passion of Christ and opens us to the infinite mercy of his redeeming love.

Through this prayer, we approach Him with humility, recognising that we are unworthy of such a privilege, we are invited to kiss, cleanse, heal and venerate His Wounds with our thoughts and affections.

This gesture makes us aware that "Christ died for our sins according to the Scriptures" (1 Cor 15:3) and helps us to understand that "the Son of God by his incarnation has in a certain sense united himself with every man" (GS 22:2).

It is important to emphasise that, when in this prayer we are invited to "remove the crown of thorns and the nails" from the Body of Christ, we should understand it exclusively as a symbolic gesture of deep spiritual union with his Passion. This act does not imply that we can alter the redemptive mystery of Christ, since his sacrifice is unique, perfect and sufficient for our salvation, as the Letter to the Hebrews teaches: "By a single offering he has perfected definitively those who are being sanctified" (Heb 10:14).

By contemplating the Holy Wounds of Our Lord, we will increase our desire to make loving and humble reparation for the damage caused by our sins and to participate spiritually in the redemptive work of Christ. By symbolically "removing" the crown of thorns and the nails, we renew our commitment to turn away from sin, becoming fully aware that these sufferings were caused by our faults. This act

symbolic reflects our sincere repentance and our desire to live in grace, ensuring that those nails are no longer there because of our actions.

As we move forward, we contemplate a glorious Christ on the Cross like that of San Damiano, "Without strain or pain, he stands on the Cross. He does not hang on it. His head is not touched with a crown of thorns; He wears a crown of Glory."<sup>1</sup>

In the middle part and after the contemplation of the Holy Wounds of our Lord, we become aware that if we have loved and cared for the Wounds of Christ, He, in His infinite mercy, will love the wounds of our heart even more.

It is then that we assume the role of the good thief on the cross, having the opportunity to ask Jesus for forgiveness, to acknowledge him as the Son of God and King of the Universe. We humbly plead with him: "Jesus, remember me when you are in your kingdom" (Lk 23:42).

Jesus, in his divine mercy, not only assures us that today we will be with him in Paradise, but also urges us to be born again, as he said to Nicodemus: "Truly, truly, I say to you, unless one is born again, he cannot see the kingdom of God" (Jn 3:3).

Repenting of our sins and placing our hope in our Lord, we become the beloved disciple at the foot of the Cross of Christ, where we receive our Mother, the Virgin Mary. This marks the transition to the second part of our prayer.

We now find ourselves before the Risen Jesus and the Virgin Mary, who will accompany us on the path of healing our deepest wounds, through the action of the Holy Spirit in us, for "He was manifested to take away sins".<sup>(2)</sup> "Our sick nature demanded to be healed; torn, to be restored; dead, to be resurrected. We had lost possession of the good, it needed to be restored to us."<sup>3</sup> Together we go through our particular Calvary and review every area of our life, looking at it through the eyes of the Holy Spirit, thus facilitating the healing of the wounds of the past, the worries of the present and the anxieties of the future.

We would like to point out that we have arbitrarily attributed a symbolic value to each nail and to each wound, in order to facilitate prayer, but they could represent other aspects according to personal reflection.

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<sup>1</sup>The Christ of San Damiano, description of the icon by Richard Moriceau, O.F.M. Chap.

<sup>2</sup>1 Jn 3, 5

<sup>3</sup>St Gregory of Nyssa, Oratio catechetica, 15: PG 45, 48B in Catechism of the Catholic Church 457.

## Prayer:

✠<sup>4</sup>In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

1) Put yourself in Prayer (ambience)

Jesus wants you to accompany Him and show Him your love in His last moments on the Cross. Take care of His wounds and He will heal yours. During contemplative prayer we will come into contact with Jesus himself during his Passion and you will have the opportunity to embrace, kiss and heal his wounds. He is on the Cross for us, show Him your gratitude with a gesture of love. In this sharing with Him, we invite you to give Him that cross that weighs so heavily on you. Take a few moments to tell Jesus about what ails you.

(Silence and space for prayer)

2) Repeat in your heart:

God, one and true,  
mystery of love,  
who dwells in the heavens  
and in my heart<sup>5</sup>.  
My soul thirsts for you; my  
flesh yearns for you,  
like parched, parched earth, without water.<sup>6</sup>

"Come Holy Spirit, I open my heart, my body, my mind, my soul, my spirit and life to you so that you may act in them without any kind of restriction or resistance and I beseech you to give me your light that I desire, long for and need".

(Silence and space for prayer)

3) Now imagine Jesus on the Cross in front of you. Imagine that you can be there with Him and accompany Him in these last moments on the Cross.

- Remove the crown of thorns from the Lord with all the love and solemnity that this requires. Kiss, cleanse, heal, venerate His wounds. Encourage him in these moments he is going through and show him your love.

(Silence and space for prayer)

- Remove the nail from the left hand. Kiss, cleanse, heal, venerate his wounds

(Silence and space for prayer).

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<sup>4</sup>This cross means that the sign of the cross must be made.

<sup>5</sup> Inspired by Hymn Lauds. Holy Trinity Week IV of the Psalter. Sunday 26 May. Cycle B

<sup>6</sup>Ps 62, 2-9

- Remove the nail from the left foot. Kiss, cleanse, heal, venerate his wounds (Silence and space for prayer).
- Remove the nail from the right foot. Kiss, cleanse, heal, venerate his wounds (Silence and space for prayer).
- Remove the nail from the right hand. Kiss, cleanse, heal, venerate his wounds (Silence and space for prayer).
- And finally, being aware that Jesus Christ has died for us: kiss, cleanse, heal, venerate the wound in your side and be grateful for all that he has done for you.  
(Silence and space for prayer)

4) Repeat in your heart:

"If I so love your wounds, how much more will you love mine"

(Silence and space for prayer).

Now, as if you were the good thief crucified at the Lord's side, you can ask His forgiveness for all the times you have failed Him. For all the times you have not put him first in your life.

(Silence and space for prayer)

After this reflection pray strongly saying:

"Jesus, remember me when you are in your kingdom"<sup>7</sup> Jesus looks at you and whispers to you:

"Truly I tell you, today you will be with me in paradise"<sup>(8)</sup>, "You must be born again"<sup>9</sup>.

(Silence and space for prayer)

After your repentance you become the beloved disciple. You find yourself at the foot of the Cross. You will enter your new life accompanied by someone very special. A

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<sup>7</sup>Lk 23, 42

<sup>8</sup> Lk 23, 43

<sup>9</sup>Jn 3, 7

The Virgin Mary is standing beside you. Jesus looks at her and says: "Woman, behold your son"<sup>10</sup>. Then he looks at you and says, "Behold your mother"<sup>11</sup>.

Feel how the Virgin Mary embraces you.

In this second part of the prayer let the Holy Spirit heal you and let Jesus and the Virgin Mary accompany you in this new Life.

- 5) Imagine the risen Jesus in front of you, now you are the one wearing the crown of thorns and the nails. He comes closer and looks you in the eye.
- In humility, he pleads with him, saying: "Lord, if you are willing, you can<sup>12</sup>take the crown of thorns from me". Jesus with all his love takes it away. Feel how the pain of your thoughts is relieved. Call upon the Holy Spirit to heal and transform into love all those thoughts that hurt you and keep you away from God.

Holy Spirit, come.

Holy Spirit, come.

Holy Spirit, come.

(Silence and space for prayer)

"Abba Father! For you all things are possible, take this cup away from me"<sup>(13)</sup>  
"but not my will, but yours be done"<sup>14</sup>.

Feel how Jesus embraces you, the Holy Spirit comforts you and the Virgin Mary covers you with her mantle.

(Silence and space for prayer)

- Look at the nail in your left hand. This nail represents the burdens and worries of everyday life: work, money, studies. All the tensions and anxieties that these areas can bring. Perhaps you have open wounds that need to be healed, situations where you need Jesus to hold you up. This is the nail that is causing your wound. In humility plead with Jesus saying, "Lord, if you are willing, you can<sup>15</sup>take this nail out of me and heal the wound.

Share with Him your pain and your requests in this area.

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<sup>10</sup>Jn 19, 26  
<sup>11</sup>Jn 19, 27  
<sup>12</sup>Lk 5, 12  
<sup>13</sup>Mk 14, 36  
<sup>14</sup>Lk 22, 42  
<sup>15</sup>Lk 5, 12

(Silence and space for prayer)

The Virgin Mary takes your hand and Jesus removes the nail and heals the wound with all his love.

Holy Spirit, come.

Holy Spirit, come.

Holy Spirit, come.

(Silence and space for prayer)

"Abba Father! For you all things are possible, take this cup away from me"<sup>16</sup>  
'"but not my will but yours be done"<sup>17</sup>.

Feel how Jesus embraces you, the Holy Spirit comforts you and the Virgin Mary covers you with her mantle.

(Silence and space for prayer)

- Look at the nail in your left foot. It symbolises the concerns you have about your health, whether physical, emotional or spiritual. Humbly plead with Jesus, saying, "Lord, if you are willing, you can"<sup>18</sup>remove this nail and heal the sore.

Share with Him your pain and your requests in this area (Silence  
and space to pray).

The Virgin Mary takes your foot and Jesus removes the nail and heals the wound with all his love.

Holy Spirit, come.

Holy Spirit, come.

Holy Spirit, come.

(Silence and space for prayer)

"Abba Father! For you all things are possible, take this cup away from me"<sup>19</sup>, "but not my will but yours be done"<sup>20</sup>.

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<sup>16</sup>Mk 14, 36

<sup>17</sup>Lk 22, 42

<sup>18</sup>Lk 5, 12

<sup>19</sup> Mk 14, 36

<sup>20</sup>Lk 22, 42

Feel how Jesus embraces you, the Holy Spirit comforts you and the Virgin Mary covers you with her mantle.

(Silence and space for prayer)

- Look at the nail in your right foot. This nail symbolises all the worries, grief, losses, hurts, grudges or unforgiveness that may dwell in your heart regarding family and all your loved ones. It also represents the feelings of loneliness, the weight of frustration when relationships have not turned out as you had hoped, when you have not been able to develop the vocation to marriage or consecration that you had longed for, and the deep wounds that have arisen from these situations. In humility plead with Jesus saying: "Lord, if you are willing, you can<sup>21</sup>remove this nail and heal the wound".

Share with Him your pain and your requests in this area (Silence and space to pray).

The Virgin Mary takes your foot and Jesus removes the nail and heals the wound with all his love.

Holy Spirit, come.  
Holy Spirit, come.  
Holy Spirit, come.

(Silence and space for prayer)

"Abba Father! For you all things are possible, take this cup away from me"<sup>(22)</sup>  
'"but not my will but yours be done"<sup>23</sup>.

Feel how Jesus embraces you, the Holy Spirit comforts you and the Virgin Mary covers you with her mantle.

(Silence and space for prayer)

- Look at the nail in your right hand. This nail symbolises the obstacles and worries you encounter when doing charitable deeds, serving others or the hindrances to developing a

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<sup>21</sup>Lk 5, 12

<sup>22</sup>Mk 14, 36

<sup>23</sup>Lk 22, 42

apostolate or a mission for the Lord. In humility plead with Jesus, saying, "Lord, if you are willing, you can<sup>24</sup>remove this nail and heal the sore.

Share with Him your pain and your requests in this area (Silence and space to pray).

The Virgin Mary takes your hand and Jesus removes the nail and heals the wound with all his love.

Holy Spirit, come.  
Holy Spirit, come.  
Holy Spirit, come.

(Silence and space for prayer)

"Abba Father! For you all things are possible, take this cup away from me"<sup>(25)</sup>  
"but not my will, but yours be done"<sup>26</sup>.

Feel how Jesus embraces you, the Holy Spirit comforts you and the Virgin Mary covers you with her mantle.

(Silence and space for prayer)

- Look at the sore on your side. It symbolises your relationship with the Lord. Ask the Holy Spirit to heal this relationship, to give you more strength and conviction in your faith and to fill you with God's grace and love.

Feel how Jesus embraces you and puts his hand on your side to heal that wound. He whispers in your ear: "I was waiting for you".

(Silence and space for prayer) Holy

Spirit, come.  
Holy Spirit, come.  
Holy Spirit, come.

(Silence and space for prayer)

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<sup>24</sup>Lk 5, 12

<sup>25</sup>Mk 14, 36

<sup>26</sup>Lk 22, 42

"Abba Father! For you all things are possible, take this cup away from me"<sup>(27)</sup>  
'"but not my will, but yours be done"<sup>28</sup>.

Feel how Jesus embraces you, the Holy Spirit comforts you and the Virgin Mary covers you with her mantle.

(Silence and space for prayer)

- Now look into your heart and cry out to the Lord with this prayer: "Holy Spirit, if there is any wound still open, I pray that you will heal it.

(Silence and space for prayer)

And now with your heart filled with the Grace of the Holy Spirit, pray a prayer of healing for and with the world and illuminate with His light all those around you.

(Here you can express a prayer that comes from the depths of your heart, not for yourself, but for society in general or for someone you know is in need. You can ask for peace, conversion, etc.)

(Silence and space for prayer)

"Thank you, Holy Trinity, for this moment of prayer".

"Virgin Mary, accompany me on the journey of life and always take me by the hand.

Holy Spirit, remain in me and always illuminate the darkness of my being.

In your name, Jesus, seal me with your Precious Blood and protect me from evil and the evil one. Father, I give you this humble heart, for the praise and glory of your name. For my salvation and for the salvation of the whole world". Amen.

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*If you want to listen to this prayer, click on this link: [Prayer of the Holy Wounds of Christ](#).*

*If you want to accompany the Prayer of the Holy Wounds of Christ while you pray, with the , Music of the Virgin's Mantle click on this link: [Music of Our Lady's Mantle](#)*

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<sup>27</sup> Mk 14, 36

<sup>28</sup> Lk 22, 42