

**Twenty-Second Hour**

**2-3 p.m.**

Our Lord’s

**Head**

Give me forgiveness for the many thoughts of pride, of ambition and of self-esteem.

**Beautiful Eyes**

I ask Your forgiveness for all the times I have offended You with evil and immodest gazes.

**Sacred Ears**

Forgive me for all the times I have listened to, or made others listen to discourses which move us away from You, and for all the evil discourses made by creatures.

**Most Holy Face**

Forgive me for the many scorns, offenses and insults You receive from us, most miserable creatures, with our sins.

**Most Sacred Mouth**

Forgive me for all the times I have offended You with evil discourses: for all the times I have contributed to embittering You and increasing your thirst.

**Most Holy Neck**

Forgive me for the many bonds and many attachments of the creatures, which have increased the ropes and chains around Your Most Holy Neck.

**Most Holy Shoulders**

Forgive me for the many illicit satisfactions; forgiveness for the many sins committed with the five senses of our body.

**Most Holy Breast**

Forgive me for all the coldness, indifference, lukewarmness and horrendous ingratitude.

**Most Sacred Hands**

Forgive me for all the evil and indifferent works: for many acts rendered malicious by love of self and self-esteem.

**Most Sacred Feet**

Forgive me for the many steps, the many paths covered without righteous intentions; and for the times I move away from You and go in search of the pleasures of the earth.