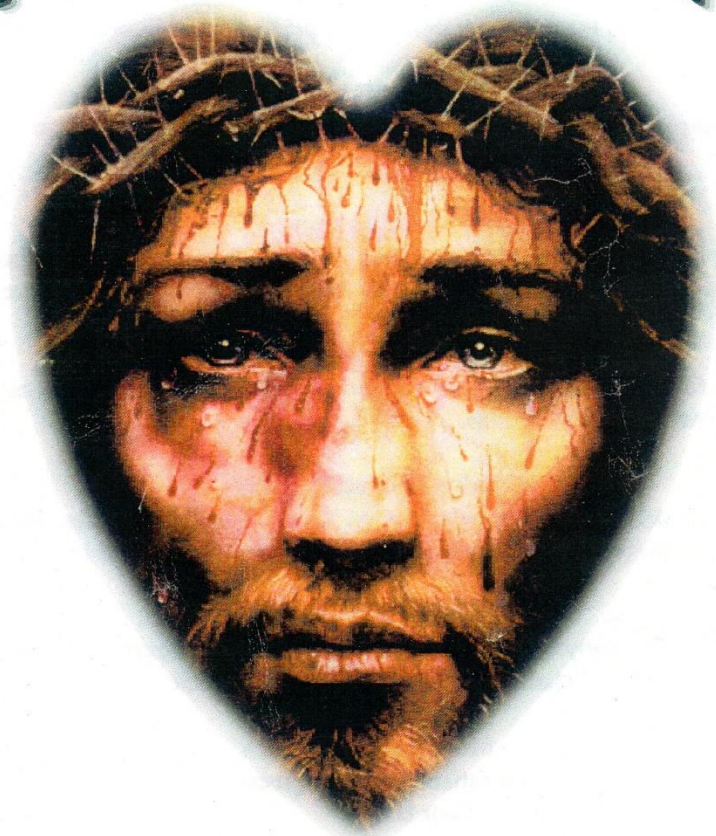


Most Sacred Heart



Forgive me for the many evil desires, and for the affections and tendencies which are not good --

Forgiveness, O Jesus, for many who place your Love after the love of creatures, and to give you all the glory that these have denied you.

I offer You everything that Your most adorable Heart has done and continues to do.

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.