

THE STIGMATA: ST. FRANCIS RECEIVES THE FIVE WOUNDS OF CHRIST



The Five Wounds of Christ *By Saint Clare of Assisi*

This litany was composed and recited by Saint Clare throughout her life in the cloister at San Damiano. As we pray this litany in honor of the Five Wounds of Our Lord, we join in Saint Clare's prayerful lament over the sufferings of our Savior, and we join in her hopeful prayer for the Lord's love, mercy, and friendship. Saint Francis, pray for us! Saint Clare, pray for us! Our Lady of Angels, pray for us!

1. In Honor of the Wound in the Right Hand of Our Divine Savior

Praise and honor be given You, Lord Jesus Christ, by reason of the Sacred Wound in your Right Hand. By this holy and adorable wound, I beseech you to pardon all of the sins that I have committed by thought, word, and deed; by neglecting my service to you, and by self-indulgence, both while awake and asleep. Grant me the grace, that by devout and frequent remembrance of your Holy Passion, I may honor your sacred wounds and the death which you endured for my sake; and that by chastising my body, I may testify my gratitude for your sufferings and your death. Our Father. Hail Mary. Amen.

2. In Honor of the Wound in the Left Hand of Our Divine Savior

Praise and honor be given You, Lord Jesus Christ, by reason of the Sacred Wound in your Left Hand. By this holy and adorable wound, I beseech you to have pity on me and to change within me whatever is displeasing to you. Grant me victory over your enemies, so that by the power of your grace, I may overcome them. And by your holy death, deliver me from all dangers, present and future, and make me worthy to share in the glory of your blessed kingdom. Our Father. Hail Mary. Amen.

3. In Honor of the Wound in the Right Foot of Our Divine Savior

Praise and honor be given You, Lord Jesus Christ, by reason of the Sacred Wound in your Right Foot. By this holy and adorable wound, I beseech you to enable me to bring forth worthy fruits of penance for my sins. I humbly entreat you, for the sake of your holy death, to keep me safe, day and night, according to your holy will

and to preserve me from all adversity, in body and soul, so that on the judgment day, I may obtain eternal joy. Our Father. Hail Mary. Amen.

4. In Honor of the Wound in the Left Foot of Our Divine Savior

Praise and honor be given You, Lord Jesus Christ, by reason of the Sacred Wound in your Left Foot. By this holy and adorable wound, I beseech you to forgive my sins and to grant full remission for my sins, so that with your help, I may escape the rigors of your justice. I entreat you, Lord Jesus Christ, for the sake of your holy death, to grant that at the hour of my death, I may have the grace to confess my sins with perfect contrition; to receive the Blessed Sacrament of Your Body and Blood; and to receive the Sacrament of Holy Anointing for the sake of my eternal salvation. Our Father. Hail Mary. Amen.

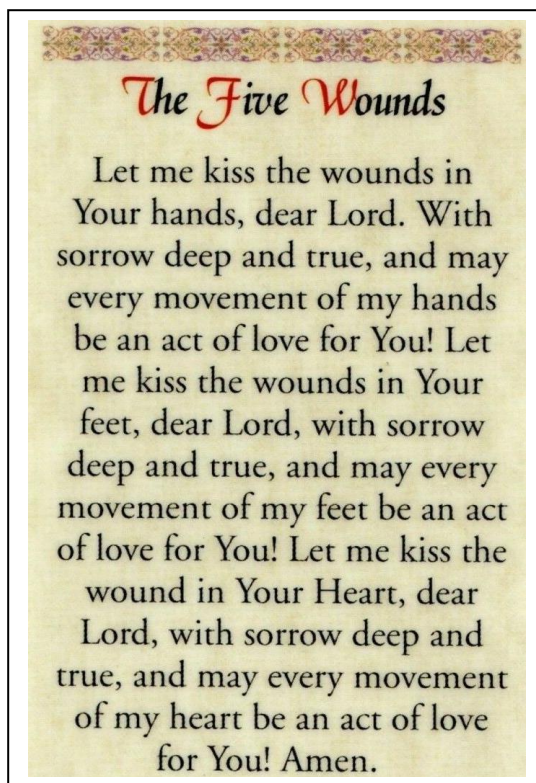
5. In Honor the Wound in the Side of Our Divine Savior

Praise and honor be given You, Lord Jesus Christ, by reason of the Sacred Wound in your Side. By this holy and adorable wound and by the Baptism with which you purified me from original sin, I beseech you to deliver me from all evils — past, present, and future. I entreat you, by your bitter death, to give me a lively faith, a firm hope, and perfect charity, so that I may love you with my whole heart, with my whole soul, and with all my strength. Uphold me by your grace through the practice of good works, so that I may serve you always in this life and praise you forever in heaven. Our Father. Hail Mary. Amen.

Closing Prayer

Almighty God and Father,
Who ransomed the human race
by the five wounds of your Only Son,
our Lord and Savior, Jesus Christ,
help us to venerate these holy wounds
and to praise and serve you forever and ever.
We make this prayer through Christ Jesus, Our Lord.
Amen

St. Francis, pray for us!
Saint Clare, pray for us!
All Franciscan Saints, pray for us!
Our Lady of the Angels, pray for us!



Source: St. Clare's *The Five Wounds of Christ*, as represented above, is an exquisite seventh-century-old devotion composed and recited daily by our Seraphic Mother St. Clare of Assisi. (St. Clare is the foundress of the Second Order of St. Francis, the Poor Clares.) This *Litany* may be found in an Appendix in *The Princes of Poverty* by Fr. Marianus Fiege, OFM Cap. This *Litany* has been approved by the Holy See for private devotion, and in 1885 was enriched by Pope Leo XIII with an indulgence of 300 days, once a day. It may be found in *Kyrie Eleison – Two Hundred Litanies* by Benjamin Francis Musser, OFM, The Magnificat Press, 1944