

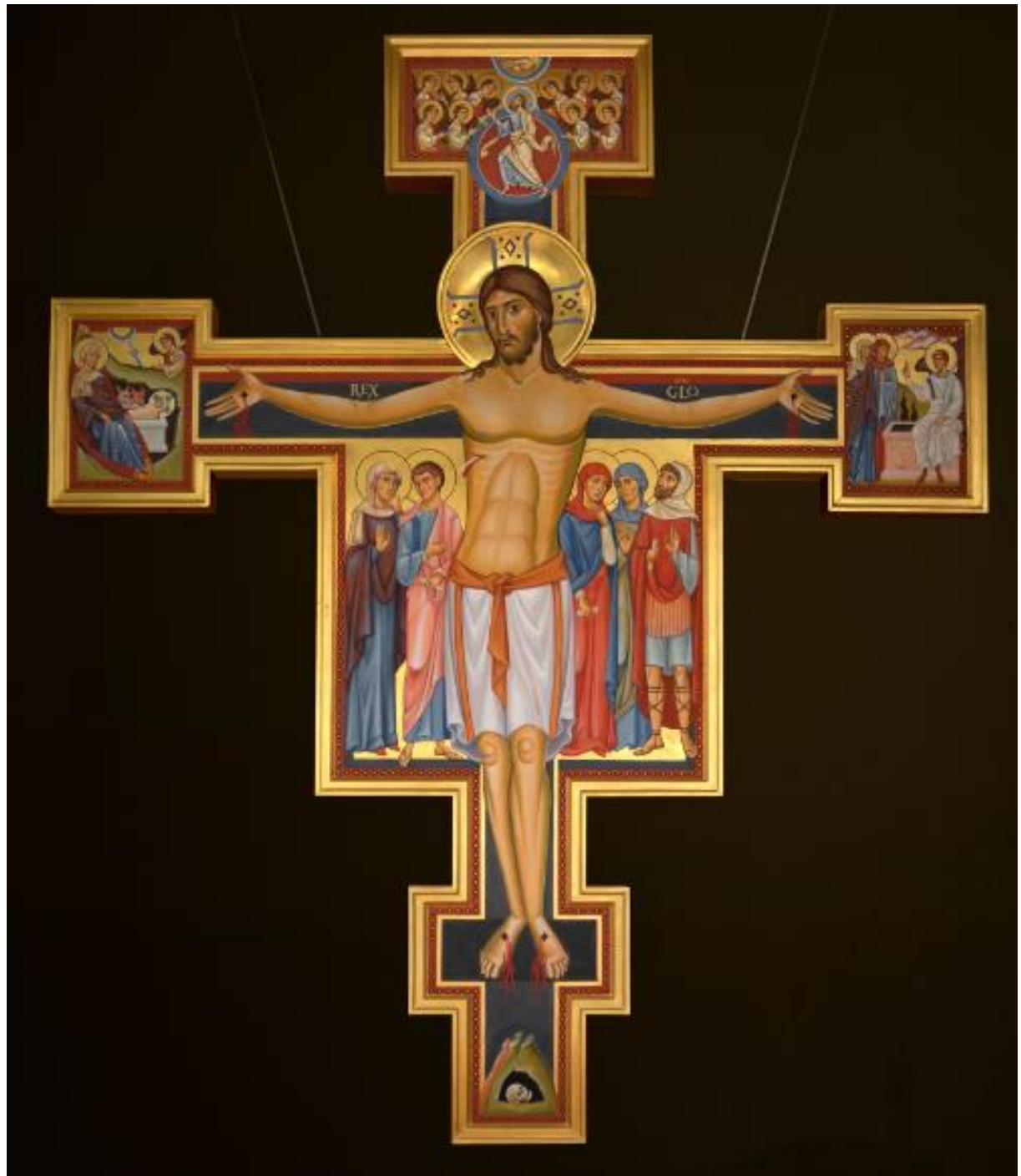
# CHICHESTER CATHEDRAL

## THREE HOURS' DEVOTION

SEE, HE SHOWS THE PRINTS OF LOVE  
Reflections on The Five Wounds of Christ

*led by*  
The Reverend Canon Simon Holland  
Interim Dean

GOOD FRIDAY  
FRIDAY 29<sup>TH</sup> MARCH 2024  
12.00



# THE FIVE WOUNDS OF CHRIST: THE DEVOTIONS OF ST CLARE OF ASSISI

*After each prayer, you are invited to join in saying:*

**Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
Amen.**

**Hail, Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.**

*Hymns to be sung between these reflections can be found towards the back of this booklet.*

1.

**In Honour of the Wound  
in the Right Hand of Our Divine Saviour**



Praise and honour be given You, Lord Jesus Christ,  
by reason of the of 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 honour 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.  
Amen.

**Our Father...**

**Hail, Mary...**

2.

**In Honour of the Wound  
in the Left Hand of Our Divine Saviour**



Praise and honour 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.  
Amen.

**Our Father...**

**Hail, Mary...**

3.

**In Honour of the Wound  
in the Right Foot of Our Divine Saviour**



Praise and honour 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.  
Amen.

**Our Father...**

**Hail, Mary...**

4.

**In Honour of the Wound  
in the Left Foot of Our Divine Saviour**



Praise and honour 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 rigours 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.

Amen.

**Our Father...**

**Hail, Mary...**

5.

**In Honour of the Wound  
in the Side of Our Divine Saviour**

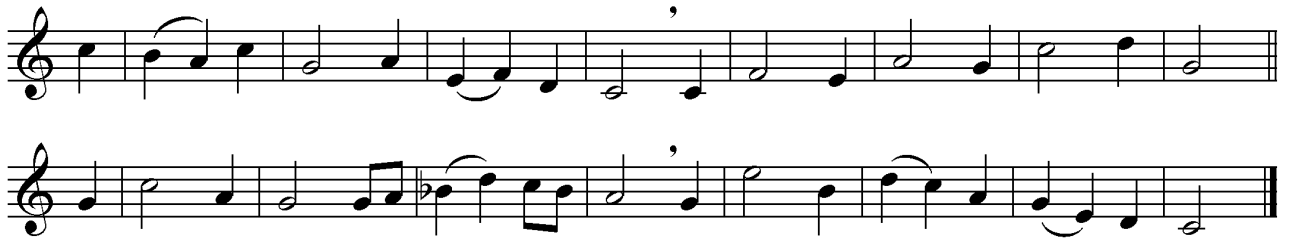


Praise and honour be given You, Lord Jesus Christ,  
by reason of the Sacred Wound in your Side.  
By this holy and adorable wound  
and by the Baptism with which you purified me from original sin,  
I beseech you to deliver me from all evils —  
past, present, and future.  
I entreat you, by your bitter 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.  
Amen.

**Our Father...**

**Hail, Mary...**





We sing the praise of him who died,  
of him who died upon the Cross;  
the sinner's hope let men deride,  
for this we count the world but loss.

Inscribed upon the Cross we see  
in shining letters, 'God is Love';  
he bears our sins upon the Tree;  
he brings us mercy from above.

The Cross! it takes our guilt away;  
it holds the fainting spirit up;  
it cheers with hope the gloomy day,  
and sweetens ev'ry bitter cup.

It makes the coward spirit brave,  
and nerves the feeble arm for fight;  
it takes its terror from the grave,  
and gilds the bed of death with light;

The balm of life, the cure of woe,  
the measure and the pledge of love,  
the sinner's refuge here below,  
the angels' theme in heaven above.

NEH 94  
Thomas Kelly (1769-1854)

Bow Brickhill  
Sydney Nicholson (1875-1947)



O dearest Lord, thy sacred head  
with thorns was pierced for me;  
O pour thy blessing on my head  
that I may think for thee.

O dearest Lord, thy sacred hands  
with nails were pierced for me;  
O shed thy blessing on my hands  
that they may work for thee.

O dearest Lord, thy sacred feet  
with nails were pierced for me;  
O pour thy blessing on my feet  
that they may follow thee.

O dearest Lord, thy sacred heart  
with spear was pierced for me;  
O pour thy Spirit in my heart  
that I may live for thee.

NEH 89  
Father Andrew SDC (1869-1946)

Belmont  
Adapted from W. Gardiner's  
Sacred Melodies (1812)



Jesu, grant me this, I pray,  
ever in thy heart to stay;  
let me evermore abide  
hidden in thy wounded side.

If the world or Satan lay  
tempting snares about my way,  
I am safe when I abide  
in thy heart and wounded side.

If the flesh, more dangerous still,  
tempt my soul to deeds of ill,  
naught I fear when I abide  
in thy heart and wounded side.

Death will come one day to me;  
Jesu, cast me not from thee:  
dying let me still abide  
in thy heart and wounded side.

*Common Praise 110*  
*17<sup>th</sup>-century Latin*  
*tr. H. W. Baker (1821-1877)*

*Song 13*  
*Orlando Gibbons (1583-1625)*