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**MORE OF MONSIGNOR'S FAVORITES**

**PRAYER TO THE SHOULDER WOUND  
OF CHRIST**

O loving Jesus, meek Lamb of God, I, a miserable sinner, salute and worship Thy Most Sacred Wound of Thy Shoulder on which Thou didst bear Thy heavy Cross, which so tore thy Flesh and laid bare Thy Bones as to inflict on Thee an anguish greater than any other wound of Thy Most Blessed Body. I adore Thee, O Jesus most sorrowful. I praise and glorify Thee, and give Thee thanks for this most sacred and painful Wound; beseeching Thee by that exceeding pain, and by the crushing burden of Thy heavy Cross to be merciful to me, a sinner, to forgive me all my mortal and venial sins, and to lead me on towards heaven along the Way of Thy Cross. Amen.

**SAINT THOMAS AQUINAS  
PRAYER FOR A PURE HEART**

I know that every perfect gift and especially that of chastity depends on the power of Your Providence. Without you, O Lord a mere creature can do nothing. Therefore, I beg You to defend by your grace the chastity and purity of my body and soul. And if I have ever imagined or felt anything, experienced or remembered anything, desired or delighted in anything that can stain my chastity and purity, blot it out, Supreme Lord of my powers, that I may advance with a pure heart in your love and service, offering myself on the most pure altar of Your Divinity all the days of my life. Amen.