

# PRAYING WITH THE CRUCIFIX

## Cross vs. Crucifix

*Taken from the book "You Can Pray" of P. Ribes, s.j.  
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### Note :

- ✓ *This prayer exercise may help you to accept your crosses, i.e. hardships, sickness, problems, temptations, anxieties, failures, hurts, accusations, etc...*
- ✓ *A rather large crucifix is required for this prayer exercise*
- ✓ *This exercise may help you to pray alone by yourself*
- ✓ *It may also be use for a group- prayer exercise*

### Opening:

- Quiet down. Awareness and/or relaxation exercises may help.
- Invoke the assistance of the Holy Spirit.
- Take the crucifix in your hands and for a while stare at it. Kiss it.

## 1<sup>st</sup> Part:

### Meditation; Cross v/s Crucifix.

Holding the Crucifix in your hands. Look at it from the reverse: What do you see?

**Just a plain cross!**

What was the cross before Jesus' crucifixion?

**Just a jibbed**, an abominable thing, something frightful to be avoided at any cost, an instrument of torture and execution, of cruelty and ignominy

Next, look at the Cross from the front. What do you see?

**A Crucifix, An object of veneration!** a sign of victory, of salvation and hope!

What did change the meaning and symbolism of the Cross? What did transform the Cross into a Crucifix?

**Christ willing and loving acceptance of the Cross as the means of our salvation.**

From then on, when we see a Cross, with Jesus nailed to it, we do not pay attention to the Cross – the old symbol of suffering – but to the person of Jesus, our Savior, Lord and Master.

## Christ has changed the Cross into a Crucifix

### Personal Prayer:

- Thank Jesus for dying on the cross for our salvation, for accepting the cross out of love or us. .
- Then kiss the Cross. The Cross is the instrument of our salvation.
- Sing, or hum several times the tune: of" **We hail Thee; Savior and Lord. Thy Cross has redeemed the world"** .

## 2<sup>nd</sup> Part .

### **Meditation: Your Crosses vs Your Crucifixes.**

What are the crosses besetting you, right now? Sicknesses, hardships failures, accusations, loneliness, poverty, joblessness, etc Recall them all, one by one.

- Do you lovingly accept them?
- Do you grumble at God because of them?
- Do you try to avoid them at any cost?
- Are you aware that because of these crosses, you, like Jesus and with Jesus, are saving yourself and others as well?
- By accepting your crosses lovingly you turn them into Crucifixes By not accepting them, you turn them into be gibbets, into objects of torment for you?
- Every time you nail yourself to your crossed – by lovingly accepting it, like Jesus, you become a Crucifix

### **Personal Prayer:**

- Spend time praying with the words of Jesus in Gethsemane: “Fatter, if it is possible, let this chalice – *think of your problems and sufferings* - pass by; but not my will, but yours be done! **Not what I want, but what you want**”
- **Ask for courage to always embrace your crosses.**

## 3<sup>rd</sup> Part

### **losure**

- Recite or sing the hymn: “Soul of My Savior”
- Kiss Your Crucifix. **Remember by kissing the Crucifix you kiss your Crosses**
- End your prayer by reciting” The Our Father.”

### **Appropriate Hymns:**

If you wish to Be My Disciple.

When I Survey the Wondrous Cross.

We Hail Thee

At The Cross Her Station Keeping..

Were you there when they crucified My Lord?

Must Jesus bear The Cross Alone?

Take and Receive”

