



Pallottine Missionary Sisters

The love of Christ Impels Us

What is known as the “Passion Clock” was created by St. Vincent Pallotti. In meditating on the Passion of Jesus, Vincent assigned one event of the Passion of Jesus to each hour of the day. By contemplating the Cross, Vincent Pallotti experienced the Infinite Love that God has for all of us.

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### Structure of the Hourly Prayer of St. Vincent Pallotti

Lord Jesus, through your passion and death, I ask you to give me a those I love the grace to live a holy life and to die a happy death. I offer all I am and all I do for the infinite glory of God.

Eternal Father, I offer you Jesus, your well-beloved Son, and myself for the needs of all your people. May Jesus, Mary and Joseph accompany me on life’s journey. I ask eternal life and peace in your presence for those who have died. Amen

#### **Awakening at Dawn**

Lord Jesus, at this hour you were led to Pilate at dawn to be falsely accused and indicted on trumped-up charges. Help me to accept and forgive those who dislike and fail to understand me. I ask you especially for help in forgiving anyone who might spread lies about me. In a word, I ask you to fill my heart with your love so that love will motivate me throughout this day. Amen.

#### **6:00 a.m. (or while dressing)**

Lord Jesus, at this hour, you were dressed with a purple cloak by Herod’s soldiers and rudely made the butt of their jokes. I ask you to forgive my own vanity and pettiness about dress and fashion. Even more, I need your help to accept more graciously embarrassment and humiliation. Please help me with my pride and vanity. Amen.

#### **7:00 a.m.**

Lord Jesus, the crowd preferred Barabbas to you. Give me the grace to always choose you, even though others do not support me in my choice and in my Christian faith. Amen.

**8:00 a.m.**

Lord Jesus, at this hour, you were cruelly scourged. Help me to suffer as patiently. I ask forgiveness for the times I may have treated anyone without dignity or respect. Amen.

**9:00 a.m.**

Lord Jesus, they crowned you with thorns at this hour. Forgive me my sinful and stubborn thoughts, ideas, or judgments. Help me to keep an open mind with others as a basis for loving and understanding them. Amen.

**10:00 a.m.**

Lord Jesus, at this hour, Pilate showed you to the people. I ask you to reveal yourself to me in your passion and death, so that I will never forget your love for me. Amen.

**11:00 a.m.**

Lord Jesus, at this hour, you carried your cross to Calvary. Help me to take up my cross with renewed faith and to follow you. If others, like Simon Cyrene, want to share my burden, help me to take up my cross with renewed faith and to follow you. Amen.

**12:00 p.m.**

Lord Jesus, at this hour, nailed to the cross, you forgave all my sins. I need your help so that I can also forgive myself. When I suffer and feel nailed to my cross, I ask you to help me understand that I cannot be separated from you, who are also nailed to a cross. Amen.

**1:00 p.m.**

Lord Jesus, at this hour, you prayed for your enemies, pardoned a thief, and gave us Mary as Mother of all people. I ask pardon for my enemies, eternal joy with you in heaven and the grace to allow Mary to instill in me her faith and love. Amen.

**2:00 p.m.**

Lord Jesus, at this hour, suffering from thirst, you received gall and vinegar to drink. Give me a real thirst for your love. Forgive me for the times I have over-indulged in eating and drinking or have neglected those who do not have enough. Amen.

**3:00 p.m.**

Lord Jesus, at this hour, you commended your spirit to the Father, bowed your head and died. Help me to surrender to the Father's will in hard times, especially in my last hour. Amen.

**4:00 p.m.**

Lord Jesus, at this hour, a soldier pierced your side. From that wound, blood and water flowed. I ask you to help me accept all my infirmities and to allow my love to flow out to others. Amen.

**5:00 p.m.**

Lord Jesus, at this hour, you were removed from the cross and, before your burial, you were placed in your mother's arms. Help me to surrender to my Father's will and, supported by Mary, my mother, let go of my sinfulness and anything that keeps me from being all that you have called me to be. Let me rise with you to a new life. Amen.

**6:00 p.m.**

Lord Jesus, at this hour, you and your disciples were having the Passover supper, when you washed their feet. You asked all your disciples to adopt this attitude in our outlook. I ask you to help me to approach all my brothers and sisters more humbly and patiently. Amen.

**7:00 p.m.**

Lord Jesus, at this hour, you gifted us with your presence in bread and wine. I ask the grace to always receive you in communion worthily, particularly at the end of my life. Even now, I ask you to come spiritually into my heart and increase my love. Jesus, I am yours in life and in death. Amen.

**8:00 p.m.**

Lord Jesus, at this hour, you were alone in your sorrow and anxiety in the Garden. Fill my heart with deep compassion for those who suffer loneliness and anguish. Help me to respond appropriately to their need. Amen.

**9:00 p.m.**

Lord Jesus, at this hour, your agony in the Garden did not prevent your choice to do your Father's will. I ask you to help me to choose God's will in my life, even in my darkest moments. Amen.

**On Awakening at Night**

Lord Jesus, the night before you died was spent in a prison cell. At this hour, many crimes occur. I offer up my wakefulness and insomnia in reparation for all sins committed this night and ask you to comfort those who fall victim to any crime. Amen.