



THE CRUCIFIX

PRAYER PROFILE

Prayer Type: Meditative

Time Required: 5–15 minutes

Source: Early Church

Focus Level: Medium

Heart Engagement: Intense

Body Involvement: Still / tactile

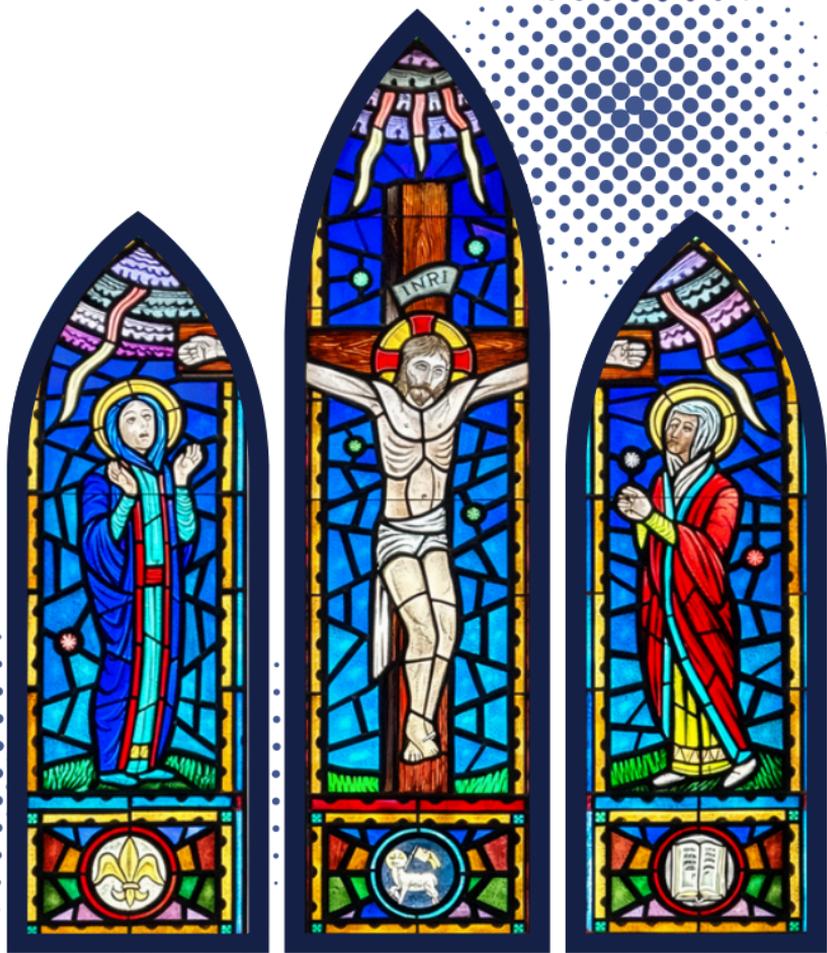
Best Used When: Grief, suffering, honesty

Repeatability: As desired

Growth Potential: Compassion, courage

INSTRUCTIONS

1. Name your personal experience of suffering.
2. Gaze upon the suffering of Christ, and see there your own suffering.
3. Receive the gift of Christ's presence in your suffering.
4. Give your suffering over to God.



St. Peter's Triptych Window by Joseph D. Myers
in memory of James Rude Harris by friends and family

THE CRUCIFIXION