

## Prayer of the Five Wounds of the Savior

(The Prayer of Holy Russian Elder Isidore of Gethsemane Hermitage and how he taught his spiritual children to pray)



**Turning one's face towards the icon of the Savior, say:**

**Placing the hand on the *forehead*, say:**

"LORD, Thou Who art crowned with thorns upon Thy head, to blood and marrow, for the sake of my sins;"

**Lowering the hand to the *right foot*, say:**

"JESUS, whose right foot was pierced with an iron nail for the sake of my sins;"

**Placing the hand on the *left foot*, say:**

"CHRIST, Whose left foot was pierced with an iron nail for the sake of my sins;"

**Raising the hand to the *right shoulder*, say:**

"SON, Whose right hand was pierced with an iron nail for the sake of my sins;"

**Transferring the hand to the *left shoulder*, say:**

"OF GOD, Whose left hand was pierced for the sake of my sins; and Whose side was punctured by a spear; from Whose side flowed blood and water for the redemption and salvation of our souls;"

"Through the prayers of the most Holy Theotokos, grant me understanding."

**Turning one's face towards the icon of the Mother of God, say:**

"And through thee, most Holy Theotokos, through thy soul the weapon pierced, so that from many hearts will be revealed a spring of the repentant, thankful and heartfelt tears of all mankind."

(The initial words from each line of this prayer comprise the first phrase of the ancient Jesus Prayer:  
"Lord Jesus Christ, Son of God, have mercy on me, a sinner.")