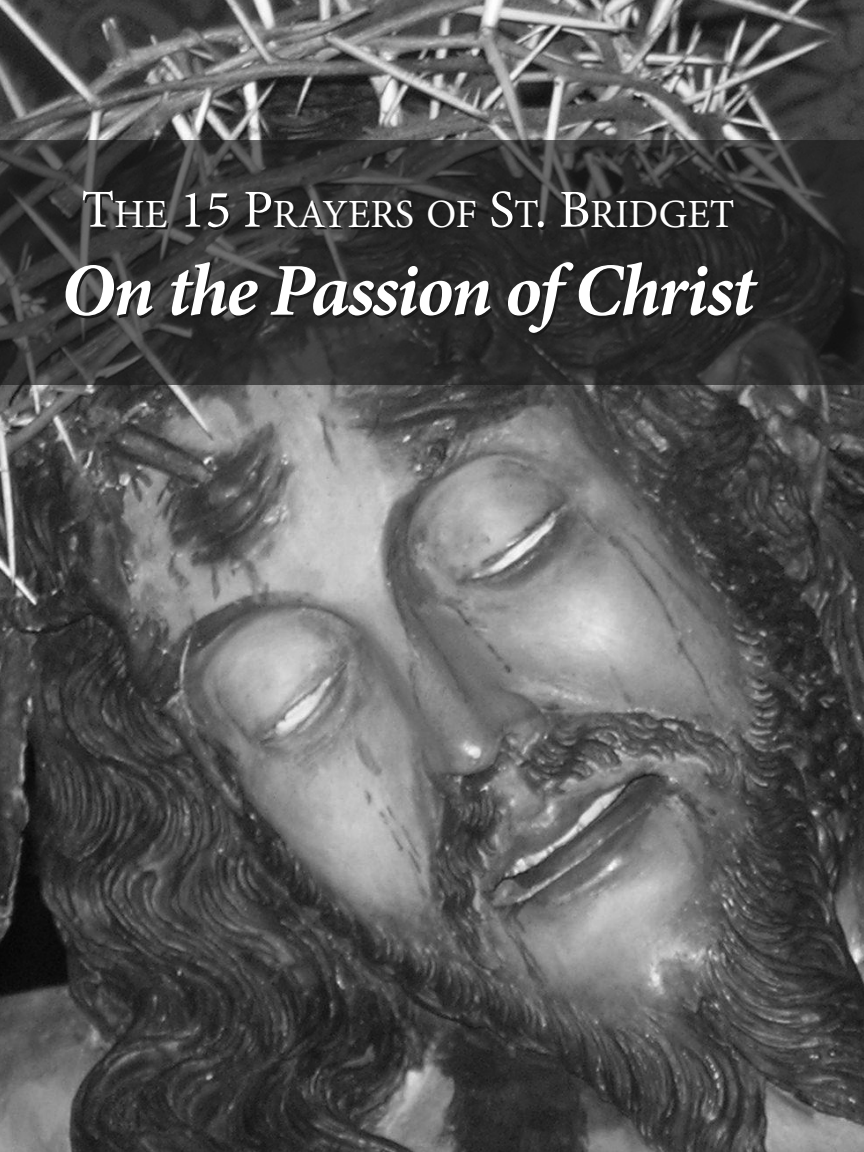




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THE 15 PRAYERS OF ST. BRIDGET  
*On the Passion of Christ*



# The 15 Prayers on the Passion

by St. Bridget of Sweden

Famous throughout the Catholic world, the 15 Prayers of St. Bridget of Sweden are the meditations on the Passion of Our Lord Jesus Christ, which this great mystic, St. Bridget used to say during her lifetime. These prayers are to be said each day for an entire year, so as to obtain the special protection of Christ Crucified, from Whom all grace and mercy flow.

Saint Bridget was the cousin of the King of Sweden; in 1316 A. D. she married Prince Ulfo Gudmarson; had 8 children, among whom is St. Catherine of Sweden. After making a pilgrimage, she decided to retire to a monastery and her husband chose to become a monk; she founded the Monastery of Vadstensa, for men and women, and it was there that the Order of the Most Holy Savior had its beginning. She later moved to Rome, and lived in a house at the Piazza Farnese. Having made a pilgrimage to the Holy Land, she returned to Rome, where she lived for the rest of her life. She was a Franciscan Tertiary. She died on July 23, 1373, at the age of 70. A great mystic, she received many revelations from Jesus Christ, for the benefit of the whole Church. Her death is celebrated on July 23, and her canonization on October 8.

This English edition is that approved by the Vicar General, L. Muscari, Hydrunti, January 7, 1918, with an imprimatur. I have added only the scriptural citations, the first words of Luke 23:43, a *which* in the 6th, 9th and 14th prayers, and the more accurate historical detail (*had the Romans nail for nailed*) in the 3rd prayer. For more copies write:

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**On the Cover:** *detail of the miraculous Crucifix, venerated in the Church of S. Maria di Gesù, Ferla (SR), Italy, sculpted by Frà Umile di Petralia, 1633 A. D..*

# The 15 Prayers

*The History behind them*

According to tradition, it is told that Saint Bridget of Sweeden wanted to know, for a long time, how many blows Our Lord Jesus Christ received during His Most Sorrowful Passion. One day, while she prayed before a crucifix in the city of Rome, He appeared to Her and said:

**“My daughter, I received in my body 5,480 blows. If you wish to honour them, say 15 Our Father’s and 15 Ave Maria’s, together with the following prayers, each day for an entire year. With the year finished, you will have honoured each of My Wounds.”**

*(In regard to the so-called “Promises for those who say these prayers”, see the Editor’s note on p. 19)*

In the Name of the Father, of the Son, and of the Holy Ghost. Amen

## *Our Father*

Our Father, who art in Heaven, hallowed be Thy Name; Thy Kingdom come; Thy Will be done, on Earth as it is in Heaven. Give us this day our Daily Bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

## *Hail Mary*

Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou among women, and blessed is the Fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

# First Prayer

O Jesus Christ! Eternal Sweetness to those who love Thee, Joy surpassing all joy and all desire, Salvation and Hope of all sinners, Who hast proved that Thou hast no greater desire than to be among men, even assuming human nature at the fullness of time for the love of men: recall all the sufferings which Thou hast endured from the instant of Thy Conception, and especially during Thy Passion, as it was decreed and ordained from all eternity in the Divine Plan.

Remember, O Lord, that during the Last Supper with Thy disciples, having washed their feet, Thou gavest them Thy Most Precious Body and Blood, and while at the same time Thou didst sweetly console them, Thou didst foretell them Thy coming Passion. Remember the sadness and bitterness which Thou didst experience in Thy Soul as Thou Thyself bore witness, saying: “*My Soul is sorrowful,*

*even unto death.”* (Mt. 26:38)

Remember all the fear, anguish and pain that Thou didst suffer in Thy delicate Body before the torment of the Crucifixion, when, after having prayed three times, bathed in a sweat of blood, Thou wast betrayed by Judas, Thy disciple, arrested by the people of a nation Thou hadst chosen and elevated, accused by false witnesses, unjustly judged by three judges during the flower of Thy youth and during the solemn Paschal season.

Remember that Thou wast despoiled of Thy garments and clothed with those of derision; that Thy Face and Eyes were veiled, that Thou wast buffeted, crowned with thorns, a reed placed in Thy Hands, that Thou was crushed with blows and overwhelmed with affronts and outrages.

In memory of all these pains and sufferings which Thou didst endure before Thy Passion on the Cross, grant me, before my death, true contrition, a sincere and entire confession, worthy satisfaction and the remission of all my sins. Amen.

## *Second Prayer*

*Our Father — Hail Mary*

O Jesus! True Liberty of angels, Paradise of delights: remember the horror and sadness which Thou didst endure when Thy enemies, like furious lions, surrounded Thee, and by thousands of insults, spits, blows, lacerations and other unheard-of-cruelties, tormented Thee at will.

In consideration of these torments and insulting words, I beseech Thee, O my Saviour, to deliver me from all my enemies, visible and invisible, and to bring me, under Thy protection, to the perfection of eternal salvation. Amen.

# Third Prayer

*Our Father — Hail Mary*

O Jesus! Creator of Heaven and Earth, Whom nothing can encompass or limit, Thou Who dost enfold and hold all under Thy loving Power: remember the very bitter pain Thou didst suffer, when the Jews had the Romans nail Thy Sacred Hands and Feet to the Cross, by blow after blow with big, blunt nails, and not finding Thee in a pitiable enough state to satisfy their rage, they enlarged Thy Wounds, and added pain to pain, and with indescribable cruelty stretched Thy Body on the Cross, pulled Thee from all sides, thus dislocating Thy Limbs.

I beg of Thee, O Jesus, by the memory of this most Loving Suffering of the Cross, to grant me the grace to fear Thee and to love Thee. Amen.

# Fourth Prayer

*Our Father — Hail Mary*

O Jesus! Heavenly Physician, raised aloft on the Cross to heal our wounds with Thine: remember the bruises which Thou didst suffer and the weakness of all Thy Members, which were distended to such a degree that never was there a pain like unto Thine. From the Crown of Thy Head to the Soles of Thy Feet, there was not one spot on Thy Body that was not in torment, and yet, forgetting all Thy sufferings, Thou didst not cease to pray to Thy Heavenly Father, for Thy enemies, saying: “*Father, forgive them, for they know not what they do.*” (Lk. 23:34)

Through this great Mercy, and in memory of this suffering, grant that the remembrance of Thy Most Bitter Passion may effect in us a perfect contrition and the remission of all our sins. Amen.

# Fifth Prayer

*Our Father — Hail Mary*

O Jesus! Mirror of eternal splendour: remember the sadness which Thou experienced, when contemplating in the light of Thy Divinity, the predestination of those who would be saved by the merits of Thy Sacred Passion, Thou didst see at the same time, the great multitude of reprobates who would be damned for their sins, and Thou didst complain bitterly of those hopeless, lost and unfortunate sinners.

Through this abyss of compassion and pity, and especially through the goodness which Thou displayed to the good thief, when Thou saidst to him: “*Amen, I say to thee: this day thou shalt be with Me in Paradise*” (Lk. 23:43), I beg of Thee, O Sweet Jesus, that at the hour of my death, Thou wilt show me mercy. Amen.

# Sixth Prayer

*Our Father — Hail Mary*

O Jesus! Beloved and most desirable King: remember the grief which Thou didst suffer, when naked and like a common criminal, Thou was fastened and raised on the Cross, when all Thy relatives and friends abandoned Thee, except Thy Beloved Mother, who remained close to Thee during Thy Agony and whom Thou didst entrust to Thy faithful disciple, when Thou saidst to Mary: “*Woman, behold thy son!*” (John 19:26), and to St. John: “*Son, behold thy Mother!*” (v. 27)

I beg of Thee, O my Saviour, by the sword of sorrow which pierced the soul of Thy Holy Mother, to have compassion on me in all my affliction and tribulations, both corporal and spiritual, and to assist me in all my trials, and especially at the hour of my death. Amen.

## Seventh Prayer

*Our Father — Hail Mary*

O Jesus! Inexhaustible Fountain of compassion, Who by a profound gesture of love, said from the Cross: “*I thirst!*” (John 19:28), suffered from the thirst for the salvation of the human race: I beg of Thee, O my Saviour, to inflame in our hearts the desire to tend toward perfection in all our acts; and to extinguish in us the concupiscence of the flesh and the ardour of worldly desires. Amen.

## Eighth Prayer

*Our Father — Hail Mary*

O Jesus! Sweetness of hearts, Delight of the spirit: by the bitterness of the vinegar and gall, which Thou didst taste on the Cross for love of us,

grant us the grace to receive worthily Thy Precious Body and Blood during our life and at the hour of our death, that they may serve as a remedy and consolation for our souls. Amen.

## *Ninth Prayer*

*Our Father — Hail Mary*

O Jesus! Royal Virtue, Joy of the mind: recall the pain which Thou didst endure, when, plunged in an ocean of bitterness at the approach of death, insulted, outraged by the Jews, Thou didst cry out with a loud voice that Thou was abandoned by Thy Father, saying: “*My God, My God, why hast Thou forsaken Me?*” (Mt. 27:46; cf. Psalm. 21:2 ff.)

Through this anguish, I beg of Thee, O my Saviour, not to abandon me in the terrors and pains of my death. Amen.

## Tenth Prayer

*Our Father — Hail Mary*

O Jesus! Who art the Beginning and End of all things, life and virtue: remember that for our sakes Thou was plunged in an abyss of suffering from the Soles of Thy Feet to the Crown of Thy Head.

In consideration of the enormity of Thy Wounds, teach me to keep, through pure love, Thy Commandments, whose way is wide and easy for those who love Thee. Amen.

## Eleventh Prayer

*Our Father — Hail Mary*

O Jesus! Deep abyss of mercy: I beg of Thee, in memory of Thy Wounds, which penetrated to the very marrow of Thy Bones and to the depth of Thy

Being, to draw me, a miserable sinner, overwhelmed by my offences, away from sin and to hide me from Thy Face, justly irritated against me, hide me in Thy Wounds, until Thy anger and just indignation shall have passed away. Amen.

## *Twelfth Prayer*

*Our Father — Hail Mary*

O Jesus! Mirror of Truth, Symbol of unity, Link of Charity: remember the multitude of wounds with which Thou was covered from head to foot, torn and reddened by the spilling of Thy Adorable Blood.

O great and universal pain, which Thou didst suffer in Thy Virginal Flesh for love of us! Sweetest Jesus! What is there that Thou couldst have done for us, which Thou has not done!

May the fruit of Thy sufferings be renewed in my

soul by the faithful remembrance of Thy Passion, and may Thy Love increase in my heart each day, until I see Thee in eternity, Thou Who art the Treasury of every real good and every joy, Which I beg Thee to grant me, O Sweetest Jesus, in Heaven. Amen.

## *Thirteenth Prayer*

*Our Father — Hail Mary*

O Jesus! Strong Lion, Immortal and Invincible King: remember the pain which Thou didst endure, when all Thy strength, both moral and physical, was entirely exhausted, Thou didst bow Thy Head, saying: “*It is consummated!*” (John. 19:30)

Through this anguish and grief, I beg of Thee, Lord Jesus, to have mercy on me at the hour of my death, when my mind will be greatly troubled and my soul will be in anguish. Amen.

# Fourteenth Prayer

*Our Father — Hail Mary*

O Jesus! Only Son of the Father, Splendour and Figure of His Substance: remember the simple and humble recommendation which Thou didst make of Thy Soul to Thy Eternal Father, saying: “*Father, into Thy Hands I commend My Spirit!*” (Lk. 23:46)

And with Thy Body all torn, and Thy Heart broken, and the bowels of Thy Mercy open to redeem us, Thou didst expire.

By this Precious Death, I beg of Thee, O King of Saints: comfort me and help me to resist the Devil, the flesh, and the world, so that being dead to the world, I may live for Thee alone.

I beg of Thee, at the hour of my death, to receive me, a pilgrim and an exile, returning to Thee. Amen.

# *Fifteenth Prayer*

*Our Father — Hail Mary*

O Jesus! True and Fruitful Vine: remember the abundant outpouring of Blood which Thou didst so generously shed from Thy Sacred Body, as juice from grapes in a wine press!

From Thy Side, pierced with a lance by a soldier, Blood and Water issued forth, until there was not left in Thy Body and single drop, and finally, like a bundle of myrrh lifted to the top of the Cross, Thy delicate Flesh was destroyed, the very Substance of Thy Body withered, and the Marrow of Thy Bones dried up.

Through this Bitter Passion and through the outpouring of Thy Precious Blood, I beg of Thee, O Sweet Jesus, to receive my soul when I am in my death agony. Amen.

## *Conclusion*

O Sweet Jesus! Pierce my heart so that my tears of penitence and love will be my bread, day and night; may I be converted entirely to Thee, may my heart be Thy perpetual habitation; may my conversation be pleasing to Thee, and may the end of my life be so praiseworthy, that I may merit Heaven and there with Thy Saints, praise Thee forever. Amen.

# Prayer before a Crucifix

*from the Enchiridion of Indulgences*

Look down upon me, Good and Gentle Jesus, while before Thy Face I humbly kneel, and with burning soul, pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment, while I contemplate with great love and tender pity, Thy Five Wounds, pondering over them within me and calling to mind the words which David, Thy prophet, said of Thee, my Jesus: *“They have pierced My Hands and My Feet, they have numbered all My Bones”* (Psalm 21:17.18)

Add an *Our Father*, *Hail Mary* & *Glory be* for the intentions of the Holy Father.

(To all who pray this prayer before a Crucifix, after having worthily received Holy Communion, and having made a good Confession, Popes Pius IX and Paul VI, have granted a plenary indulgence.)

## NOTE ON THE PROMISES

*which are frequently published with the 15 Prayers*

The Holy See, by means of a Decree of Nov. 18, 1966, published in the ACTA APOSTOLICAE SEDIS, Vo. 58, n. 16 (on Dec. 29, 1966), approved the publication of the “15 Prayers” attributed to St. Bridget of Sweden (these prayers pre-existed the Saint).

However, the Holy See has forbidden that they be published together with the “*Promises made by Jesus to those who say the 15 Prayers*”, because this document, added by an anonymous author, contains “promises from Jesus” which are so great that they ought to be supported by the testimony of the writings of some Saint or by miracles, before ever being published. Hence, in this edition of the 15 prayers, these “promises” are not published.

However, one can affirm that Jesus will grant great blessings to all who say these prayers for an entire year, according to His ever, valid promise “**Ask and you shall receive!**” (Luke 11:9) For there is no prayer more powerful than the one founded upon the Passion of Christ, because it was by this Sacred Suffering that Our Lord redeemed the world, and hence from It flow every grace and mercy. Hence it is, that in virtue of It, one cannot ask for too much, so long as one asks for things honest, necessary, and useful for one’s own salvation and/or for that of others.

Moreover, the Saints affirm that every prayer said daily, is

always more efficacious than one said now and then, because perseverance in prayer wins God's favor; hence it is more efficacious to say these prayers every day for an entire year, without omitting them.

Thus, no one who prays these prayers offends the Lord, if when doing so, he asks the Lord for great and worthy things, such as the liberation of 15 relatives from Purgatory, the grace of final perseverance for 15 relatives, or the grace of the conversion of 15 relatives.

One can also ask for the grace to walk in the way of perfection; the grace to receive Holy Communion 15 days before one's death, with a profound contrition and knowledge of one's sins; the protection of Christ's Cross in moments of attack by one's enemies; or the grace to receive a spiritual visit from Jesus and Mary before one's death.

One can also ask for the grace of eternal salvation; or that special reward in Heaven for those who say these prayers; or even the special grace, that if one will live 30 years in mortal sin, the remission of one's sins; the protection from strong temptations; the grace to guard one's 5 senses; God's protection against sudden death; the grace not to fall into a spirit of reprobation; the grace to be heard by Jesus and Mary.

Besides, one can ask for the grace of a prolongation of one's life, even if one has lived his entire life according to one's pleasures, and must die the next day, so that one might repent.

One can even ask to be counted among the Angels in Heaven who have a special devotion to the Passion of Our Lord; or the grace to teach these prayers to others, to thus

obtain the favor of continual spiritual joy; and finally, one can ask for the grace that when these prayers are said, Jesus might be present by His grace.

Obviously, if one says these prayers without much faith, or outside of the state of grace, that is, in mortal sin; no one can affirm that Jesus must concede any particular gift; but certainly, every good deed done with faith, even in the state of mortal sin, disposes one to receive the grace of conversion.

How much more will one receive if he prays these prayers with a cleansed soul, strong faith, lively hope, and true love for Christ Crucified, Who has done everything for love of us!

Hence, pray! And ask for worthy things, without shame or fear! Because He Who has suffered so much to save us, desires greatly that we ask Him for the graces necessary and useful for our salvation and that of poor sinners! — Editor's Note.

## **St. Bridget's House at Rome**

If you ever visit Rome, you can find the House of St. Bridget of Sweden, on the north side of the Piazza Farnese, just as short walk from the Vatican, in the direction of the Aventine Hill. The House is the home of the Brigidine Nuns, who offer various publications for sale. Their address is:

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