

A DEVOTION ON THE SACRED PASSION

The Fifteen Prayers

of Saint Bridget of Sweden



Saint Bridget of Sweden (1303–1373) was a wife, mother of eight, and later foundress of the Bridgettine Order, who spent years longing to know how much Christ had suffered during His Passion. According to tradition, Our Lord appeared to her and revealed that He had received 5,480 blows upon His body, and He taught her these fifteen prayers so that, recited daily for a year, every one of His wounds might be honored. The prayers were later printed in Toulouse in 1740 and examined by Pope Pius IX, who in 1862 recognized them as worthy and beneficial to souls.

— Approved by Pope Pius IX, May 31, 1862 —

How to Pray this Devotion



Each of the fifteen prayers that follow is preceded by one Our Father and one Hail Mary. Tradition holds that reciting them faithfully every day for a full year honors each of the wounds Christ endured during His Passion.

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.

Begin each of the fifteen prayers below with one Our Father and one Hail Mary, as given above, then pray the meditation in full.

The Fifteen Prayers



OUR FATHER – HAIL MARY

I

O Jesus Christ, eternal sweetness of them that 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 taking upon Thyself our human nature at the fullness of time for the love of men: recall all the sufferings 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 at the Last Supper with Thy disciples, having washed their feet, Thou gavest them Thy Most Precious Body and Blood, and while sweetly consoling them, Thou didst foretell Thy coming Passion. Remember the sadness and bitterness which Thou didst experience in Thy soul, as Thou Thyself didst bear witness, saying: ‘My soul is sorrowful even unto death.’

Remember all the fear, anguish, and pain that Thou didst suffer in Thy delicate Body before the torment of the Cross, 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, and unjustly judged by three judges in the flower of Thy youth, during the solemn Paschal season.

Remember that Thou wast stripped of Thy garments and clothed in those of derision; that Thy face and eyes were veiled; that Thou wast buffeted, crowned with thorns, given a reed in Thy hands, and crushed with blows and outrages. In memory of all these pains 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.

OUR FATHER – HAIL MARY

II

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 countless insults, spittle, blows, and unheard-of cruelties tormented Thee at will.

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

OUR FATHER – HAIL MARY

III

O Jesus, Creator of heaven and earth, whom nothing can encompass or limit, Thou who dost enfold and hold all things beneath Thy loving power, remember the most bitter pain Thou didst suffer when the Jews nailed Thy sacred hands and feet to the Cross with dull, blunt nails, and not finding Thee in a state pitiable enough to satisfy their rage, enlarged Thy wounds, added pain to pain, and with indescribable cruelty stretched Thy Body upon the Cross, pulling Thee from every side, 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.

OUR FATHER – HAIL MARY

IV

O Jesus, heavenly Physician, raised aloft on the Cross to heal our wounds with Thine own, remember the bruises which Thou didst suffer and the weakness of all Thy members, which were so distended that never was there 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.’

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.

OUR FATHER – HAIL MARY

V

O Jesus, mirror of eternal splendor, remember the sadness which Thou didst experience 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 the reprobate who would be damned for their sins, and Thou didst grieve bitterly over those lost and hopeless sinners.

Through this abyss of compassion and pity, and especially through the goodness which Thou didst show the good thief when Thou saidst to him, ‘This day thou shalt be with Me in Paradise,’ I beg of Thee, O sweet Jesus, that at the hour of my death Thou wilt show me mercy. Amen.

OUR FATHER – HAIL MARY

VI

O Jesus, beloved and most desirable King, remember the grief Thou didst suffer when, naked and like a common criminal, Thou wast fastened and raised upon the Cross, and all Thy relatives and friends abandoned Thee, except Thy beloved Mother, who remained close to Thee in her bitterness of soul, whom Thou didst entrust to Thy faithful disciple, saying: ‘Woman, behold thy son,’ and to Saint John: ‘Son, behold thy Mother.’

I beg of Thee, O my Savior, by the sword of sorrow which then pierced the soul of Thy holy Mother, to have compassion on me in all my affliction and tribulation, both bodily and spiritual, and to assist me in all my trials, and especially at the hour of my death. Amen.

OUR FATHER – HAIL MARY

VII

O Jesus, inexhaustible fountain of compassion, who with a profound gesture of love didst cry out from the Cross, ‘I thirst,’ thirsting for the salvation of the human race: I beg of Thee to inflame in our hearts the desire to tend toward perfection in all our actions, and to extinguish in us the concupiscence of the flesh and the ardor of worldly desire. Amen.

OUR FATHER – HAIL MARY

VIII

O Jesus, sweetness of hearts, delight of the spirit, by the bitterness of the vinegar and gall which Thou didst taste upon 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.

OUR FATHER – HAIL MARY

IX

O Jesus, royal virtue, joy of the mind, recall the pain Thou didst endure when, plunged in an ocean of bitterness at the approach of death, insulted and reproached by the Jews, Thou didst cry out in a loud voice that Thou wast forsaken by Thy Father, saying: ‘My God, My God, why hast Thou forsaken Me?’

Through this anguish, I beg of Thee, O my Savior, not to forsake me amid the terrors and pains of my death. Amen.

OUR FATHER – HAIL MARY

X

O Jesus, who art the beginning and end of all things, life and virtue, remember that for our sakes Thou wast plunged into 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.

OUR FATHER – HAIL MARY

XI

O Jesus, deep abyss of mercy, I beg of Thee, in memory of Thy wounds which penetrated to the very marrow of Thy bones, to draw me, a miserable sinner overwhelmed by my offenses, away from sin, and to hide me from Thy face justly angered against me, hiding me within Thy wounds until Thy anger and just indignation shall have passed away. Amen.

OUR FATHER – HAIL MARY

XII

O Jesus, mirror of truth, symbol of unity, bond of charity, remember the multitude of wounds with which Thou wast afflicted from head to foot, torn and reddened by the shedding 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 hast not done!

May the fruit of Thy suffering 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 treasure of every true good and every joy, which I beg Thee to grant me, O sweetest Jesus, in heaven. Amen.

OUR FATHER – HAIL MARY

XIII

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, and Thou didst bow Thy head, saying: 'It is consummated.'

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.

OUR FATHER – HAIL MARY

XIV

O Jesus, only Son of the Father, splendor and figure of His substance, remember the simple and humble recommendation Thou didst make of Thy soul to Thy Eternal Father, saying: 'Father, into Thy hands I commend My spirit'; and with Thy Body all torn and Thy Heart broken, and the depths 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.

OUR FATHER – HAIL MARY

XV

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 by a lance, blood and water issued forth until there was not left in Thy Body a single drop; and finally, like a bundle of myrrh lifted upon the Cross, Thy tender flesh was consumed, 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 in my final agony. Amen.

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Concluding Prayer



O sweet Jesus, pierce my heart so that my tears of penitence and love may be my bread day and night. May I be converted entirely to Thee; may my heart be Thy dwelling place; may my every thought and word 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.

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The Promises of Our Lord



To those who recite these fifteen prayers with devotion for a whole year, tradition holds that Our Lord made the following promises:

1. I will deliver fifteen souls of his lineage from Purgatory.
2. Fifteen souls of his lineage will be confirmed and preserved in grace.
3. Fifteen sinners of his lineage will be converted.
4. Whoever recites these prayers will attain the first degree of perfection.
5. Fifteen days before his death I will give him My Precious Body, that he may escape eternal hunger; I will give him My Precious Blood to drink, lest he thirst eternally.
6. Fifteen days before his death he will feel a deep contrition for all his sins and will have a perfect knowledge of them.
7. I will place before him the sign of My victorious Cross, for his help and defense against the attacks of his enemies.
8. Before his death I shall come with My dearest Mother.
9. I shall graciously receive his soul and lead it into eternal joy.
10. Having led it there, I shall give him a special draught from the fountain of My divinity — something I do not grant to those who have not recited these prayers.
11. Whoever may have lived in mortal sin for thirty years, but who will recite these prayers devoutly, or have the intention to recite them, will receive from the Lord the forgiveness of all his sins.
12. I shall protect him against strong temptations.
13. I shall preserve and guard his five senses.
14. I shall preserve him from a sudden death.
15. His soul will be delivered from eternal death.
16. He will obtain all that he asks of God and the Blessed Virgin, provided it is for his good.
17. If he has lived all his life according to his own will and is to die the next day, his life will be prolonged.
18. Every time one recites these prayers, one gains one hundred days' indulgence.
19. He is assured of being joined to the supreme choir of angels.
20. Whoever teaches these prayers to another will have continuous joy and merit that will endure eternally.
21. Wherever these prayers are said, or will be said in the future, God is present with His grace.

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