

*Fifteen
prayers
of Saint
Bridget*



SHALOM

DEVOTIONS OF THE
FIFTEEN
PRAYERS OF
SAINT BRIDGET

ON THE PASSION OF OUR LORD
JESUS CHRIST



SHALOM

Collaborators:

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Translation from the Italian: Michael and Emilia Tyler

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SHALOM

For your orders call/contact:

Shalom editing house:

Via San Giuseppe, 57
60020 Camerata Picena (An)

Tel. 0039 071. 74 50 440 r.a.

For orders or enquiries 'phone:
Monday to Friday
9 a.m. to 7 p.m.

Fax 0039 071. 74 50 140

Any time of the day or night
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e-mail: ordina@editriceshalom.it

http:// www.editriceshalom.it

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Life history of St. Bridget

“She is an example to imitate, particularly in the task of the new evangelization in Europe (...) a saint of European dimensions (...) a prophetic sign of reconciliation and hope for the European continent and for the whole of humanity.”

*John Paul II
Apostolic Letter for the VIth. centenary
of the Saint's canonization (8.9.1999)*

“Saint Bridget was born in 1303 of an aristocratic family at Finsta, a Swedish region of Uppland.

She is known essentially as a mystic and foundress of the Order of the Most Holy Saviour. We must not, however, forget that the first part of her life was that of a lay person, happily married to a devout Christian, and with eight children. My intention in presenting her as a co-patron of Europe is that she may inspire, not only those who have been called to a

vocation of special consecration, but also those called to an ordinary lay life in the world, and above all, to the demanding vocation to form a Christian family. Let us not be misled by the well-to-do position of her family background, she lived with her husband Ulf, they lived a married life in which their love was united to deep prayer, the study of the Holy Scriptures and to a life of mortification and charity.

Together they founded a small hospital where they frequently assisted the sick. Bridget used to serve the poor personally.

At the same time she was appreciated for her educational gifts which she was able to use during the period that her services were requested by the court of Stockholm.

The advice she gave on various occasions to princes and sovereigns for the correct management of their duties was the fruit of these experiences. But the first ones to benefit from this were obviously her children, and not by chance, Catherine, one of her daughters, is venerated as a Saint.

However, this period of her life was merely a first stage.

The pilgrimage she made to Santiago di Compostela with her husband Ulf, ended symbolically this period and prepared her for the new life which began a few years later when, on the death of her

husband, she heard the voice of Christ entrusting her with a new mission and guiding her step by step with a series of extraordinary mystical graces.

Bridget left Sweden in 1349 and settled in Rome, seat of the Successor of Peter. This move to Italy was a decisive stage for the widening of Bridget's mind and heart, not only geographically and culturally, but above all spiritually. Many places saw her as a pilgrim with a strong desire to venerate the relics of the Saints: Milan, Pavia, Assisi, Bari, Benevento, Pozzuoli, Naples, Salerno, Amalfi, and at the Sanctuary of St. Michael the Archangel of Mount Gargano.

Her last pilgrimage undertaken between 1371 and 1372 brought her to cross the Mediterranean directed to the Holy Land, thus allowing her to spiritually embrace, besides many places of Catholic Europe, the very sources of Christianity in those places made holy through the life and death of our Redeemer.

More than this devout pilgrimage, it was really through the deep meaning of the mystery of Christ and the Church, that Bridget contributed to the building of the ecclesiastic community at a notably critical time in its history.

Her intimate union with Christ was in fact accompanied by special charisms of revelation which made her a reference point for many members of the Church

of her time.

We perceive in Bridget the strength of prophecy. Her words are at times an echo of those of the Great prophets of old. She is sure of herself when she speaks to princes and Popes revealing to them God's plans on historical events. Neither does she spare severe warnings on the subject of moral reform for Christians and even for the clergy itself.

Certain aspects of her extraordinary mysticism at times provoked some understandable questions, about which the discernment of the church acted, by referring to the only public revelation, which has in Christ its fullness and in the Holy Scriptures its established norms. Even the experiences of the great saints are in fact not free from those limitations which always accompany the human reception of God's voice. There is no doubt, however, that the Church, by recognising the sancity of Bridget's holiness accepted the overall authenticity of her interior experience, without at the same time, making any proclamations regarding each revelation.

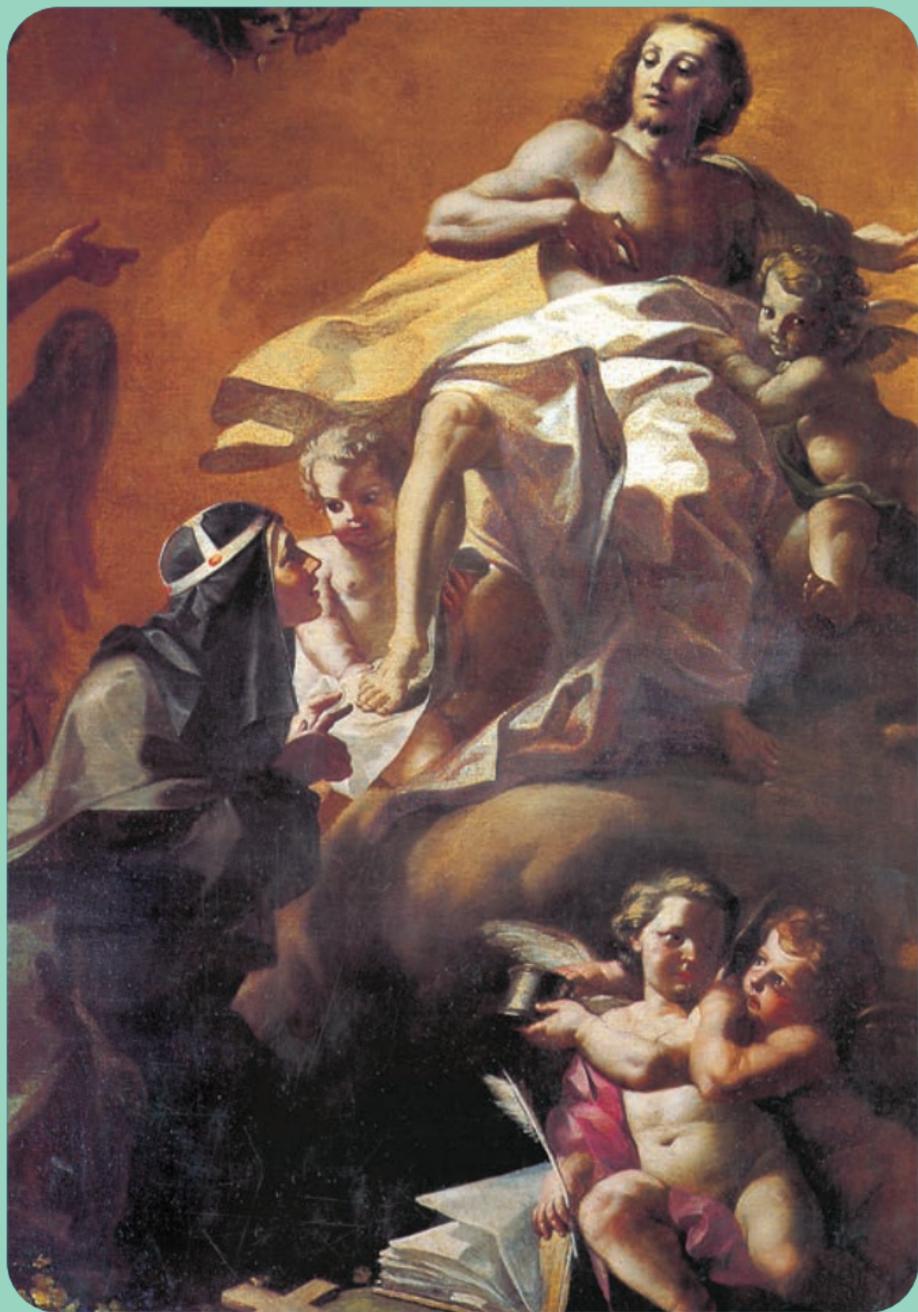
She is a significant witness to how charism has its place in the Church when lived in total docility to God's Spirit and in conformity with the needs of the church. Particularly, as the Scandinavian countries, Bridget's homeland had, during the XVIth century, separated themselves from full communion with the

Holy Seat of Rome. The Swedish saint thus remains a special ecumenical 'link', also made stronger by the commitment of her Order in this field”.

Joannes Paulus II

From the Apostolic Letter of John Paul II on the occasion of the proclamation of St. Bridget of Sweden, St. Catherine and St. Teresa Benedetta of the Cross, Copatrons of Europe (1.10.1999)





The promises of Jesus to St. Bridget

As St. Bridget, for a long time, had wished to know the number of blows Jesus had received during His Passion, one day He appeared to her, saying:

“On my body I received 5480 blows. If you desire in some way to honour them, you should say fifteen Our Fathers and fifteen Hail Marys together with the following prayers (which He taught her) for a whole year; at the end of the year you will have honoured each of the wounds”.

He added that to whoever would recite these prayers for a year:

- I will free 15 souls of his relatives from Purgatory.*
- 15 righteous relatives of his would be confirmed and maintained in Grace.*
- 15 sinners of his milieu would be converted.*

- *The person who recites them will thus reach the first grade of perfection and fifteen days before his death, he will receive the precious body of Jesus which will appease him of eternal hunger, and His precious Blood which will quench his thirst for ever.*
- *15 days before his death he will have full knowledge of all his sins and will experience a bitter repentance.*
- *I will place the sign of my victorious Cross in front of him, in order to succour and defend him against the attacks of his enemies.*
- *Before his death, I will appear together with my most beloved and dear Mother.*
- *I will kindheartedly receive his soul and I will lead it to eternal joys.*

- *By leading it there, I will give it a singular gift: to drink from the source of my Divinity, which I will not give to those who have not said these Prayers.*
- *It is necessary to know that whoever had lived in mortal sin for 30 years and who will either devoutly say these Prayers or intended to say them, the Lord will forgive all his sins.*
- *I will defend him from temptations.*
- *I will protect his 5 senses.*
- *I will preserve him from sudden death.*
- *I will save his soul from eternal punishment.*
- *If he had always lived according to his will and should have had to die tomorrow, his life will be lengthened.*

- *He will receive all that he asks from God and from the Blessed Virgin Mary.*
- *Every time he says these prayers he will gain 100 days of indulgence*
- *He will be sure of being added to the choir of angels.*
- *Whoever teaches them to someone else will have everlasting joy and merit.*
- *Wherever these prayers are said God is present with His grace.*

How to say the fifteen prayers

All these privileges were promised to St. Bridget, during a vision of Our Lord Jesus Christ crucified, on condition that she recited these 15 prayers every day. The same graces are also offered to those who recite them devoutly every day for a whole year.

They have to be recited every day, but if for a serious reason it is not possible to recite them on a particular day, they have to be said twice the following day. It is, however, necessary not to underestimate the importance of being faithful to the daily recitation of the prayers, since if prayer is the sole centre of the day, what reason could be sufficiently serious to make us avoid saying them?

The promised privileges will not be lost, providing that they are recited 365 times a year. Furthermore, it is not enough to read them without paying attention to them, as they have to be said devoutly and meditating on the words which are said.

Beginning of the prayers of St. Bridget

In the name of the Father, of the Son and of the Holy Spirit. Amen.

O God, come to save me.

O Lord, make haste to help us.

Glory be to the Father

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. **Amen.**



PRAYER I

O Lord Jesus Christ, eternal sweetness to those who love you, joy surpassing all happiness and all desires, salvation and love to those who repent, to whom you said: “*My delight is to be with the children of man*”, having been made man for their salvation; remember the Love that urged you to take our human nature and all that you had to endure from the beginning of your incarnation right up to your redeeming passion planned by God from eternity.

Remember the anguish you experienced in your soul when you said: “*My soul is sorrowful to the point of death*”, when at the Last Supper which you shared with your disciples, giving them for food your Body and your Blood, washing their feet and lovingly consoling them, you foretold your coming passion.

Remember the fear, the anguish and pain that you suffered in your most Holy Body

before your crucifixion; when after having prayed to the Father 3 times and sweating blood, you were betrayed by one of your disciples, accused by false witnesses and unjustly condemned to death by three Judges; at the most solemn time of Easter you were betrayed, mocked, stripped of your clothes, blindfolded and smitten with blows, bound to the Pillar and crowned with thorns. In memory of all these pains, give me O sweet Jesus, I beseech you, before I die, true contrition, a sincere confession and the remission of all my sins.

Amen.

Hail, O most sweet Jesus, have mercy on me a sinner.

O Jesus, Son of God, born of the Virgin Mary, have mercy on us.

**Our Father
Hail Mary
Glory be to the Father**