



ALPHA + OMEGA
God's Way Till Eternity

Behold, he cometh with the clouds,
and every eye shall see him, and they
also that pierced him. And all the tribes of
the earth shall bewail themselves because of him.
Even so. Amen.
I am Alpha and Omega, the beginning and the end,
saith the Lord God, who is, and who was,
and who is to come, the Almighty.

Revelation 1:7–8

The fifteen prayers of St Bridget in honour of the sacred wounds of Jesus

On [02/07/2019](#), Jesus Christ asked Fernanda to teach his children about the traditional one-year devotion of praying the fifteen prayers of St Bridget¹.

For a long time, St Bridget wanted to know the number of blows our Lord received during his Passion, so he appeared to her and said, "I received 5,480 blows on my body. If you wish to honour them in some way, say fifteen Our Fathers and fifteen Hail Marys with the following prayers (which he taught her) for a whole year. When the year is over, you will have honoured each one of my wounds."

Jesus also made the following promises to anyone who recited these prayers for a whole year:

1. I will deliver fifteen souls of his² 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 in order that he may escape eternal starvation; 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 defence against the attacks of his enemies.
8. Before his death, I shall come with my dearest Beloved Mother.
9. I shall graciously receive his soul and will lead it into eternal joys.
10. And having led it there, I shall give him a special draught from the fountain of my Deity, something I will not for those who have not recited my prayers.
11. Let it be known that whoever may have been living in a state of mortal sin for thirty years, but who will recite devoutly, or have the intention to recite these prayers, the Lord will forgive him all his sins.
12. I shall protect him from 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 he asks for from God and the Blessed Virgin.

¹ The quotes and prayers have been taken from the *Pieta Prayer Book*. However, the Old English has been amended to Modern English. Pope Pius IX took cognisance of these prayers with the prologue and he approved them on 31 May 1862, recognising them as true and for the good of souls.

² The masculine "his" also refers to the feminine "her" in these promises.

17. If he has lived all his life doing his own will and he is to die the next day, his life will be prolonged.
18. Every time one recites these prayers, he gains an indulgence of 100 days.
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, which will endure eternally.
21. There, where these prayers are being said or will be said in the future, God is present with his grace.

The prayers are prayed as follows...

First prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus Christ! Eternal sweetness to those who love you, joy surpassing all joy and all desire, salvation and hope of all sinners, who has proved that you have 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 you endured from the instant of your conception, and especially during your Passion, as it was decreed and ordained from all eternity in the Divine plan.

Remember, O Lord, that during the Last Supper with your disciples, having washed their feet, you gave them your Most Precious Body and Blood, and while at the same time, you sweetly consoled them, you foretold them of your coming Passion.

Remember the sadness and bitterness that you experienced in your soul as you yourself bore witness saying, "My soul is sorrowful even unto death."

Remember all the fear, anguish and pain that you suffered in your delicate body before the torment of the crucifixion, when, after having prayed three times, bathed in a sweat of blood, you were betrayed by Judas, your disciple, arrested by the people of a nation you had chosen and elevated, accused by false witnesses, unjustly judged by three judges during the flower of your youth and during the solemn paschal season.

Remember that you were despoiled of your garments and clothed in those of derision; that your face and eyes were veiled, that you were buffeted, crowned with thorns, a reed placed in your hands, that you were crushed with blows and overwhelmed with affronts and outrages.

In memory of all these pains and sufferings that you endured before your 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

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! True liberty of angels, paradise of delights, remember the horror and sadness that you endured when your enemies, like furious lions, surrounded you, and by thousands of insults, spits, blows, lacerations and other unheard-of cruelties, tormented you at will. In consideration of these torments and insulting words, I beseech you, O my Saviour, to deliver me from all my enemies, visible and invisible, and to bring me, under your protection, to the perfection of eternal salvation. Amen.

Third Prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Creator of heaven and earth whom nothing can encompass or limit, you who enfolds and holds all under your loving power, remember the very bitter pain that you suffered when the Jews nailed your sacred hands and feet to the cross by blow after blow with big, blunt nails, and not finding you in a pitiable enough state to satisfy their rage, they enlarged your wounds, and added pain to pain, and with indescribable cruelty, stretched your body on the cross, pulled you from all sides, thus dislocating your limbs.

I beg of you, O Jesus, by the memory of this most loving suffering of the cross, to grant me the grace to fear you and to love you. Amen.

Fourth prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Heavenly physician, raised aloft on the cross to heal our wounds with yours, remember the bruises that you suffered and the weakness of all your members, which were distended to such a degree that never was there pain like yours. From the crown of your head to the soles of your feet, there was not one spot on your body that was not in torment, and yet, forgetting all your sufferings, you did not cease to pray to your Heavenly Father for your 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 your most bitter Passion may effect in us a perfect contrition and the remission of all our sins. Amen.

Fifth prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Mirror of eternal splendour, remember the sadness that you experienced, when contemplating in the light of your divinity the predestination of those who would be saved by the merits of your sacred Passion, you saw at the same time, the great multitude of reprobates who would be damned for their sins, and you complained bitterly of those hopeless, lost and unfortunate sinners.

Through this abyss of compassion and pity, and especially through the goodness that you displayed to the good thief when you said to him, "This day, you shall be with me in paradise." I beg of you, O sweet Jesus, that at the hour of my death, you will show me mercy. Amen.

Sixth prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Beloved and most desirable King, remember the grief you suffered, when naked and like a common criminal, you were fastened and raised on the cross, when all your relatives and friends abandoned you, except your Beloved Mother, who remained close to you during your agony and whom you entrusted to your faithful disciple when you said to Mary, "Woman, behold your son," and to St John, "Son, behold your Mother."

I beg of you, O my Saviour, by the sword of sorrow that pierced the soul of your 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

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Inexhaustible fountain of compassion, who, by a profound gesture of love, said from the cross, "I thirst," suffered from the thirst for the salvation of the human race. I beg of you, 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

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Sweetness of hearts, delight of the spirit, by the bitterness of the vinegar and gall that you tasted on the cross for love of us, grant us the grace to receive worthily your 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

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Royal virtue, joy of the mind, recall the pain you endured when, plunged in an ocean of bitterness at the approach of death, insulted, outraged by the Jews, you cried out in a loud voice that you were abandoned by your Father, saying, "My God, My God, why have you forsaken me?"

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

Tenth prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! You are the beginning and end of all things, life and virtue; remember that for our sakes, you were plunged into an abyss of suffering from the soles of your feet to the crown of your head. In consideration of the enormity of your wounds, teach me to keep, through pure love, your commandments, whose way is wide and easy for those who love you. Amen.

Eleventh prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Deep abyss of mercy, I beg of you, in memory of your wounds that penetrated to the very marrow of your bones and to the depth of your being, to draw me, a miserable sinner, overwhelmed by my offenses, away from sin and to hide me from your face justly irritated against me, hide me in your wounds, until your anger and just indignation have passed away. Amen.

Twelfth prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Mirror of truth, symbol of unity, bond of charity, remember the multitude of wounds with which you were afflicted from head to foot, torn and reddened by the spilling of your adorable blood. O great and universal pain, which you suffered in your virginal flesh for love of us! Sweetest Jesus! What is there that you could have done for us that you have not done? May the fruit of your suffering be renewed in my soul by the faithful remembrance of your Passion, and may your love

increase in my heart each day, until I see you in eternity: you are the treasure of every real good and every joy, which I beg you to grant me, O sweetest Jesus, in heaven. Amen.

Thirteenth prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Strong lion, immortal and invincible King, remember the pain that you endured when all your strength, both moral and physical, was entirely exhausted, you bowed your head, saying, "It is consummated."

Through this anguish and grief, I beg of you, 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

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! Only Son of the Father, splendour and figure of his substance, remember the simple and humble recommendation you made of your soul to your Eternal Father, saying, "Father, into your hands I commend my spirit." And with your body all torn and your heart broken, and the bowels of your mercy open to redeem us, you expired. By this precious death, I beg of you, 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 you alone. I beg of you at the hour of my death to receive me, a pilgrim and an exile returning to you. Amen.

Fifteenth prayer

Pray one [Our Father](#) and one [Hail Mary](#), then say...

O Jesus! True and fruitful vine! Remember the abundant outpouring of blood that you so generously shed from your sacred body as juice from grapes in a wine press. From your side, pierced with a lance by a soldier, blood and water issued forth until there was not a single drop left in your body, and finally, like a bundle of myrrh lifted to the top of the cross, your delicate flesh was destroyed, the very substance of your body withered, and the marrow of your bones dried up.

Through this bitter Passion and through the outpouring of your Precious Blood, I beg of you, O sweet Jesus, to receive my soul when I am in my death agony. Amen.

Concluding prayer

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 you, may my heart be your perpetual habitation, may my conversation be pleasing to you, and may the end of my life be so praiseworthy that I may merit heaven and there with your saints, praise you forever. Amen.