



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

---

## St Bridget's twelve-year prayer devotion honouring the seven times Jesus shed his blood

12/05/2022

### Jesus Christ

*My Petal, thank you for this time in prayer, for doing the novenas. Even when it's late, you are doing them – the St Bridget prayers and the seven Our Fathers – to bring some of your loved ones to salvation. The seven Our Fathers [devotion] for twelve consecutive years is very essential as through the dedication of my children, it will bring many of my children's souls to salvation. Persevere, my child. You will accomplish these prayers. Progress with teaching my children about these prayers as many of them don't know about them. Yes, St Bridget was a great ambassador, diligent in bringing forth these prayers.*

---

*As revealed by our Lord to St Bridget and approved by Pope Clement XII, pray as follows<sup>1</sup>...*

### Opening prayer

O Jesus, I desire to pray the Lord's Prayer seven times, uniting myself with the love with which you sanctified it in your heart. Take it from my lips into your Divine Heart. Improve and complete it so much that it brings as much honour and joy to the Holy Trinity as you granted on earth with this prayer. May honour and joy flow over your holy humanity in glorification of your most painful wounds and the Precious Blood that flowed from them.

### First prayer: the circumcision of Jesus

Eternal Father, through the immaculate hands of Mary and the Divine Heart of Jesus, I offer you the first wounds, the first pains and the first bloodshed as atonement for the sins of my youth and all of humanity's, as protection against the first mortal sin, especially among my relatives.

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

### Second prayer: the sufferings of Jesus on the Mount of Olives

Eternal Father, through the immaculate hands of Mary and the Divine Heart of Jesus, I offer you the terrible sufferings of Jesus' heart on the Mount of Olives and every drop of his bloody sweat as atonement for my sins of the heart and all of humanity's, as protection against such sins and for the spread of the love of God and neighbour.

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

### Third prayer: the scouring of Jesus at the pillar

---

<sup>1</sup> Extracted from various online translations of the messages received by St Bridget in the 1300s.

Eternal Father, through the immaculate hands of Mary and the Divine Heart of Jesus, I offer you the many thousands of blows, the horrific pains and the Most Precious Blood of Jesus shed during the scourging, as atonement for my sins of the flesh and all of humanity's, as protection against such sins and the safeguard of innocence, especially among my relatives.

*Pray one [Our Father](#) and one [Hail Mary](#).*

Fourth prayer: the crowning of thorns on the head of Jesus

Eternal Father, through the immaculate hands of Mary and the Divine Heart of Jesus, I offer you the wounds, the pains and the Most Precious Blood of Jesus' holy head when he was crowned with thorns, as atonement for my sins of the spirit and all of humanity's, as protection against such sins and for the spread of the God's Kingdom on earth.

*Pray one [Our Father](#) and one [Hail Mary](#).*

Fifth prayer: Jesus' ascent to Mount Calvary carrying the heavy cross

Eternal Father, through the Immaculate hands of Mary and the Divine Heart of Jesus, I offer you the sufferings that Jesus endured on the way to Calvary, especially the holy wound on his shoulder and the Precious Blood that flowed out of it, as atonement for my sins of rebellion against the cross and all of humanity's, every murmur against your holy designs and all the other sins of the tongue, as protection against such sins and for a true love of the holy cross.

*Pray one [Our Father](#) and one [Hail Mary](#).*

Sixth prayer: the crucifixion of Jesus

Eternal Father, through the immaculate hands of Mary and the Divine Heart of Jesus, I offer you your Divine Son nailed and raised on the cross, the wounds on his hands and feet, and his Precious Blood that poured forth for us from these, his extreme poverty and his perfect obedience. I also offer you all the extreme tortures of his body and soul, his precious death and its nonviolent renewal in all the Holy Masses celebrated on earth, as reparation for all the offenses against the holy evangelical vows and the rules of religious orders, as atonement for all my sins and those of the whole world, for the sick and the dying, for priests, the laity, for the intentions of the Holy Father regarding the restoration of Christian families, for the strengthening of faith, for our country, for unity among all nations in Christ and his Church and also for the diaspora.

*Pray one [Our Father](#) and one [Hail Mary](#).*

Seventh prayer: the piercing of the sacred side of Jesus

Eternal Father, accept as worthy – for the needs of the Holy Church and as atonement for the sins of all mankind – the blood and water that gushed forth from the wound of the Divine Heart of Jesus. Be compassionate and merciful towards us.

Blood of Christ, the last precious substance of the Sacred Heart of Jesus, wash me of all my guilt of sin and purify all others of every guilt.

Water from the side of Christ, cleanse me from the pains of all my sins and extinguish the flames of purgatory for me and all the poor souls. Amen.

*Pray the [Our Father](#), [Hail Mary](#) and [Glory Be](#).*

*The magnificent promises of the twelve-year prayer devotion:*

- 1. The soul who prays these prayers will suffer no purgatory.*
- 2. The soul who prays these prayers will be accepted among the martyrs, the same as those who spilt their blood for their faith.*
- 3. The soul who prays these prayers can choose three others whom Jesus will then keep in a state of grace sufficient to become holy.*
- 4. No one in the four successive generations of the soul who prays these prayers will be lost.*
- 5. The soul who prays these prayers will be made conscious of his/her death one month in advance.*

*If the soul praying these prayers dies before the entire twelve years of prayers have been completed, the Lord will accept them as having been prayed in their entirety because the intention of the soul was to complete them as directed. If a day or a few days are missed due to a valid reason, they can be made up for later, at the soul's earliest opportunity.*