

The Twelve-year Prayer of St. Bridget of Sweden

These prayers – meditations on the seven times that Christ shed His Blood for us and on seven sins for which He shed that Blood -- are prayed once daily for twelve years.

For information's sake only, the graces wrongly seen by some as promised in return for praying these prayers but which should not at all be taken seriously because they are not condoned by the Church are as follows:

- The soul who prays them suffers no purgatory.
- The soul who prays them will be accepted among the Martyrs as though he had spilled his blood for his faith.
- The soul who prays them can choose three others whom Jesus will then keep in a state of grace sufficient to become holy.
- No-one in the four successive generations of the soul who prays them will be lost.
- The soul who prays them will be made conscious of his death one month in advance.

If the suppliant should die before the prayers are finished, God the Father will accept them as having been prayed in their entirety, as the genuine intention was there. If a day or a few days are missed for a valid reason, they can be made up later.

Again, ignore the “promises” and just pray the prayers.

O Jesus, I now wish to pray the Lord's Prayer seven times in unity with the love with which Thou hast sanctified this prayer in Thy Heart. Take it from my lips into Thy Divine Heart. Improve and complete it so much that it brings as much honor and joy to the Trinity as Thou has granted it on Earth with this prayer. May these pour upon Thy Holy Humanity in glorification to Thy painful Wounds and the Precious Blood Thou hast spilled from them.

The Circumcision

Pray one Pater and one Ave

Eternal Father, through Mary's unblemished hands and through the divine heart of Jesus, I offer Thee the first wounds, the first pains, and the first Bloodshed as atonement for my and all of humanity's sins of youth, as protection against the first mortal sin, especially among my relatives.

The Suffering on the Mount of Olives

Pray one Pater and one Ave

Eternal Father, through Mary's unblemished hands and the divine heart of Jesus, I offer Thee the terrifying suffering of Jesus' heart on the Mount of Olives and every drop of His Blood sweat as atonement for my and all humanity's sins of the heart, as protection against such sins and for the spreading of divine and brotherly love.

The Scourging

Pray one Pater and one Ave

Eternal Father, through Mary's unblemished hands and the divine heart of Jesus, I offer Thee the many thousands of wounds, the gruesome pains, and the precious Blood of the flogging as atonement for my and all of humanity's sins of the flesh, as protection against such sins and the preservation of innocence, especially among my relatives.

The Crowning with Thorns

Pray one Pater and one Ave

Eternal Father, through Mary's unblemished hands and the Divine Heart of Jesus, I offer Thee the wounds, the pains, and the precious blood of Jesus' holy head from the crowning with thorns as atonement for my and all of humanity's sins of the spirit, as protection against such sins and the spreading of Christ's kingdom here on earth.

The Carrying of the Cross

Pray one Pater and one Ave

Eternal Father, through Mary's unblemished hands and through the divine heart of Jesus, I offer Thee the sufferings on the way of The Cross, especially His holy wound on His shoulder and its precious Blood as atonement for my and all of humanity's rebellion against the cross, every grumbling against thy holy arrangements and all other sins of the tongue, as protection against such sins and for true love of The Cross.

The Crucifixion of Jesus

Pray one Pater and one Ave

Eternal Father, through Mary's unblemished hands and the divine heart of Jesus, I offer Thee Thy Son on The Cross, His nailing and raising, His wounds on the hands and feet and the three streams of His precious Blood that poured from these for us, His extreme tortures of body and soul, His precious death and its non-bleeding renewal in all Holy Masses on earth as atonement for all wounds against vows and regulations within the Orders, as reparation for my and all of the world's sins, for the sick and the dying, for all holy priests and laymen, for The Holy Father's intentions toward the restoration of Christian families, for the strengthening of faith, for our country and unity among all nations in Christ and in His Church, as well as for the diaspora.

The Piercing of Jesus' Side

Pray one Pater and one Ave

Eternal Father, accept as our worthy offering the Precious Blood and Water that flowed from The Wounds of The Divine Heart of Jesus, for the needs of The Holy Church, and for the atonement of all the sins of mankind. Be gracious and merciful toward us. May The Blood of Christ, the last precious content of His Holy Heart, wash me and others of all the guilt of our sins. May the Water from the side of Christ wash me clean of all the punishments of my sins, and may it extinguish the flames of Purgatory for me and for all the Poor Holy Souls. Amen.