

THE SIX LENTEN PRAYERS OF ST. BRIDGET OF SWEDEN

—To be said in honour of the Sacred Wounds of Jesus—

I

O most gracious Lord Jesus, be propitious to me a sinner. *Pater. Ave.* O most sweet Lord Jesus Christ, the eternal sweetness of those who love Thee; the joy, desire, and firm hope of the hopeless; solace of the sorrowful, and most merciful lover of all penitent sinners, Who hast said, Thy delight is to be with the sons of men, for the love of whom Thou didst assume human nature in the fulness of time: remember, most sweet Lord Jesus, all those sharp sorrows which did pierce Thy sacred Soul from the first instant of Thine Incarnation until the time of Thy sorrowful Passion, pre-ordained from all eternity. Remember, O most amiable Saviour, all that bitter anguish Thou didst suffer when, at Thy Last Supper, Thou didst wash the feet of Thy disciples, didst feed them with the sacred banquet of Thy precious Body and Blood, and most sweetly comforting them, didst foretell them Thine ensuing Passion, after which, going to Mount Olivet, Thou saidst, My Soul is sorrowful unto death. Remember, I beseech Thee, O most sweet Saviour, that bitter grief and anguish which Thy Sacred Soul did suffer when, praying there several times to Thy Heavenly Father, Thou didst sweat water and blood, Thou wast betrayed by Thine own disciple, apprehended by Thy chosen people, accused by false witnesses, unjustly arraigned before three judges, and in Thy chosen city, in the Paschal solemnity, in the flourishing age of Thy youth, wrongfully condemned, bound, beaten, spurned, spit upon, despoiled of Thy garments, and clothed with others in scorn. Thou wast blind-folded, buffeted, spit upon again, bound naked to a pillar, most cruelly scourged, crowned with thorns, struck with a reed, and afflicted with innumerable other torments, pains and injuries. O my Lord Jesus, by the memory and merit of all that bitter pain and anguish, before Thou breathedst Thy last upon the cross, vouchsafe to grant me, before my death, true contrition, entire confession, a flowing fountain of tears, full satisfaction and plenary remission of all my sins. Amen.

II

O most sweet Lord Jesus, ever-flowing fountain of Heavenly delights, remember, I beseech Thee, that grief and sorrow which Thou didst suffer when Thy cruel enemies, like fierce lions, with furious and dreadful looks, compassing Thee round about, did tear off Thy hair, spit upon Thy sacred face, scratch, buffet Thee, and with all manner of unheard-of injuries, outrages and torments, did most cruelly and basely blaspheme, scorn and affront Thee. O most sweet Lord Jesus, by all those most barbarous and inhuman outrages which Thou didst suffer, vouchsafe to deliver me from all mine enemies, visible and invisible that, protected under the shadow of Thy wings, I may safely arrive at the port of eternal glory. Amen.

O most gracious Lord Jesus, be propitious to me a sinner. *Pater. Ave.*

III

O most sweet Lord Jesus, omnipotent Creator and Fabricator of the world, and repairer of mankind, Who containest both Heaven and earth in Thy hand, and Whose immensity no bounds can limit: remember, I beseech Thee, that bitter pain and anguish which Thou didst endure when the perfidious Jews pierced Thy delicate and tender hands and feet with rough and blunt nails, stretching them forth violently with cords to the holes they had made in the cross. Thus they heaped dolours upon dolours, most cruelly disjuncting all Thy bones, breaking all Thy veins, and renewing all Thy Sacred Wounds. O most sweet Jesus, by the memory of all these pains and torments on the cross, vouchsafe to impart unto me Thy fear and love, with perfect charity towards my neighbour. Amen.

O most gracious Lord Jesus, be propitious to me a sinner. *Pater. Ave.*

IV

O most sweet Lord Jesus, Heavenly physician of human nature and eternal King: remember, I beseech Thee, all those bitter pains which Thou didst endure in Thy sacred members.

Remember how, being raised up upon the cross with all Thy precious Body rent and torn, all Thy bones were so disjoined that not one remained in its right place, not having, from the crown of Thy head to the soles of Thy feet, any part left whole, so that no dolour could be compared to Thine. Remember how, at that time, being unmindful of Thine own torments, Thou didst mercifully pray to Thy Heavenly Father, Father, forgive them, for they know not what they do. By the remembrance of these Thine afflictions, O most meek and merciful Lord Jesus, and by this Thine admirable benignity, goodness, love and mercy, and by all Thy bitter pains and torments, grant that the memory of Thy dolorous Passion may be to me a most powerful protection of my soul and body against all the deceits, temptations and molestations of the devils, my cruel enemies. Amen.

O most gracious Lord Jesus, be propitious to me a sinner. *Pater. Ave.*

V

O most sweet Lord Jesus Christ, my Lord and my God, mirror of eternal brightness and wisdom of the omnipotent Father, I beseech Thee to shew mercy unto me, now and at the hour of my death when Thou considerest the bitter grief and sorrow Thy sacred Soul did feel at Thy most wholesome Passion, by which the predestined elect were saved and the reprobated wicked, for their ingratitude, were damned; and when Thou considerest how, owing to the abyss of Thine immense mercy, Thou didst commiserate and shed tears for us miserable, lost, forlorn sinners; and chiefly when Thou considerest how Thou didst shew mercy to the thief upon the cross, saying to him, This day, thou shalt be with me in Paradise. Amen.

O most gracious Lord Jesus, be propitious to me a sinner. *Pater. Ave.*

VI

O most sweet Lord Jesus, omnipotent King and most amiable Friend, remember the bitter grief and sorrow Thy sacred Soul did suffer when, being forsaken by all Thy friends and acquaintances, Thou didst hang naked, rent and torn upon the cross, not having any to comfort or compassionate Thee, but only the Blessed Virgin Mary, Thy mother, who, standing under the cross, in the bitterness of her soul, accompanied Thee in all Thy torments, unto whom Thou didst commend Thy beloved disciple, St. John, in Thy place, saying unto her, Woman, behold thy son! and after, to that disciple, Behold Thy mother! O most sweet Lord Jesus, by that sword which did then transpierce her sacred soul, and by the tender love and compassion wherewith Thou didst behold the sad distress of Thy sorrowful mother, have pity and compassion on me, I beseech Thee, my dearest Lord, and mercifully help, comfort, succour and assist me in all my tribulations, adversities, necessities, sorrows and sufferings, both spiritual and corporal. Amen.

O most gracious Lord Jesus, be propitious to me a sinner. *Pater. Ave.*

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It is a pious custom to pray one of the Six Lenten Prayers of St. Bridget of Sweden on each weekday of Lent. The practice is to pray the first one on Mondays; the second, on Tuesdays; and so forth. The sixth one, therefore, will be prayed on Saturdays. They are not prayed on the Lord's day (but one might pray all six of them in order on that day).

To this formula of St. Bridget, one might add one *Pater*, one *Ave* and one Glory for the Catholic intentions of the Holy Father.