THE SECRET OF HAPPINESS: 15 PRAYERS

The Fifteen Prayers
Revealed by Our Lord to St. Bridget
in the Church of St. Paul at Rome

O Jesus, in union with your most precious blood poured out on the cross and offered in every mass, I offer you today my prayers, works, joys, sorrows and sufferings for the praise of your Holy name and all the desires of your sacred heart; in reparation for sin, for the conversion of sinners, the union of all Christians and our final union with you in heaven.

FIRST PRAYER

OUR FATHER • HAIL MARY

O Jesus Christ! Eternal sweetness to those who love You, joy surpassing all joy and all desire, salvation and hope of all sinners, You Who have proved that You have no greater desire than to be among men even to assuming human nature during the course of time for love of men, recall all the sufferings that You have endured from the first moment 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 Precious Body and Blood, and while at the same time You did sweetly console them, You foretold to them Your coming Passion.

Remember the sadness and bitterness which You experienced in Your soul as You prayed, “My Soul is Sorrowful Even Unto Death.”

Remember all the fear, anguish and pain that You suffered in Your delicate Body before the crucifixion, when after having prayed three separate 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 witness, unjustly judged by three judges, all this in the flower of Your youth and during the solemn Paschal season.

Remember that You were despoiled of Your garments and clothed with the garments of derision; that Your face and eyes were veiled, that You were buffeted, crowned with thorns, a scepter placed in Your hands, that You were fastened to a column and crushed with blows and overwhelmed with affronts and outrages.
In memory of all these pains and suffering which You endured before Your passion on the cross, grant that before I die, I may make with true contrition, a sincere and entire confession, make worthy satisfaction and be granted the remission of all my sins.

Amen

SECOND PRAYER

OUR FATHER • HAIL MARY

O Jesus! True liberty of the angels, Paradise of delights, remember the horror and sadness which You endured when Your enemies, like furious lions, surrounded You, and by thousands of blows, insults, lacerations and other unheard of cruelties, tormented You at will.

Through these torments and insulting words, I beg of You, O my Savior, to deliver me from all enemies, both visible and invisible, and under Your protection, may I attain the perfection of eternal salvation.

Amen

THIRD PRAYER

OUR FATHER • HAIL MARY

O Jesus! Creator of Heaven and Earth, whom nothing can encompass nor limit, You Who enfold and holds all under Your loving power, remember the very bitter pain which You suffered when the Jews nailed Your sacred hands and feet to the cross by blow after blow with 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, and dislocated Your bones by pulling them on all sides.

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

Amen

FOURTH PRAYER

OUR FATHER • HAIL MARY

O Jesus! Heavenly physician, raised aloft on the cross in order that through Your wounds ours
might be healed, remember the bruises which You suffered and the weakness of all Your members which were distended to such a degree that never was there pain like unto 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 suffering, 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 affect in us a perfect contrition and the remission of all our sins.

Amen

FIFTH PRAYER

OUR FATHER • HAIL MARY

O Jesus! Mirror of eternal splendor, remember the sadness which 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 which 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 mercy to me.

Amen

SIXTH PRAYER

OUR FATHER • HAIL MARY

O Jesus! King most loving and most desirable, remember the grief which You suffered, when naked and like a common criminal, You were raised and fastened to 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, “Behold Your Mother.”

I beg of You, O my Savior, by the sword of sorrow which pierced the soul of Your holy Mother, to have compassion on me and all my afflictions 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

OUR FATHER • HAIL MARY

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 Savior, 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 ardor of worldly desires.

Amen

EIGHTH PRAYER

OUR FATHER • HAIL MARY

O Jesus! Sweetness of hearts, delight of the spirit, by the bitterness of the gall and vinegar which 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 it may serve us as a remedy of consolation for our souls.

Amen

NINTH PRAYER

OUR FATHER • HAIL MARY

O Jesus! Royal Virtue, joy of the mind, recall the pain that You endured when, plunged in the 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 Savior, not to abandon me in the terrors and pains of my death.

Amen

TENTH PRAYER
O Jesus! Who are the beginning and end of all things, life and virtue, remember that for our sakes You were plunged in 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.

Amen

ELEVENTH PRAYER

O Jesus! Deep abyss of mercy, I beg of You, in memory of Your wounds which penetrated to the very marrow of Your wounds which penetrated 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 indignation have passed away.

Amen

TWELFTH PRAYER

O Jesus! Mirror of truth, symbol of unity, line 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 You could have done for us which You have not done?

May the fruit of Your sufferings 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 Who are the treasurer of every read good and every joy, which I beg You to grant me, O sweetest Jesus, in heaven.

Amen

THIRTEENTH PRAYER

OUR FATHER • HAIL MARY
O Jesus! Strong Lion, Immortal and Invincible King, remember the pain which You endured when all Your strength, both moral and physical, was entirely exhausted, You bowed Your head saying, “All is Consummated.”

Through this anguish and grief, I beg of You, O Lord, 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

OUR FATHER • HAIL MARY

O Jesus! Only Son of the Father, Splendor 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 when 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 Kind of Saints, comfort me and give me help 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

OUR FATHER • HAIL MARY

O Jesus! True and faithful vine! Remember the abundant outpouring of Blood which You so generously shed, pressed down and running over as the grape crushed in the wine press.

From Your side, pierced with a lance by a soldier, blood and water issued forth until there was not left in Your Body a single drop, and finally, like a bundle of myrrh lifted to the very 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 pierce my heart, so that my tears of penitence and love may be my bread night and day. May I be converted entirely to You, may my heart be Your perpetual resting place, 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