

**Nothing that is transitory on earth deserves your ambition.**

**Your soul is your true treasure of eternal and infinite value. Help save your soul.**

**Do not miss this opportunity of salvation. Accept and spread Our Lord Jesus' invitation to your loved ones**

## THE 12 YEAR PRAYERS OF ST. BRIDGET OF SWEDEN

Download and share the prayers

***“The soul who prays them can choose three others whom Jesus will then keep in a state of grace sufficient to become holy.”***



### The Magnificent Promises of the 12 Years Prayers

1. *The soul who prays them will suffer no Purgatory.*
2. *The soul who prays them will be accepted among the Martyrs as though he had spilled his blood for his faith.*
3. *The soul who prays them 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 them will be lost.*
5. *The soul who prays them will be made conscious of his death one month in advance.*

**\*\* If the soul praying these prayers dies before the entire 12 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.**

### **The 12 Year Prayers:**

***Prayers Honoring the 7 Times Jesus Spilled His Precious Blood for Us, as Revealed by Our Lady to St. Bridget, and Approved by Pope Clement XII***

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

First Prayer: **The Circumcision** - *Pray 1 Our Father, 1 Hail Mary, then:*

Eternal Father, through Mary's unblemished hands and the Divine Heart of Jesus, I offer You 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. *Amen*

Second Prayer: **The Suffering on the Mount of Olives**

*Pray 1 Our Father, 1 Hail Mary, then:*

Eternal Father, through Mary's unblemished hands and the Divine Heart of Jesus, I offer You the terrifying suffering of Jesus' Heart on the Mount of Olives and every drop of His Bloody Sweat as atonement for my and all of humanity's sins of the heart, as protection against such sins and for the spreading of Divine and brotherly Love. *Amen*

Third Prayer: **The Flogging**

*Pray 1 Our Father, 1 Hail Mary, then:*

Eternal Father, through Mary's unblemished hands and the Divine Heart of Jesus, I offer You 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. *Amen*

Fourth Prayer: **The Crowning of Thorns**

*Pray 1 Our Father, 1 Hail Mary, then:*

Eternal Father, through Mary's unblemished hands and the Divine Heart of Jesus, I offer You 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. *Amen*

Fifth Prayer: **The Carrying of the Cross**

*Pray 1 Our Father, 1 Hail Mary, then:*

Eternal Father, through Mary's unblemished hands and the Divine Heart of Jesus, I offer You 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 Your Holy Arrangements and all other sins of the tongue, as protection against such sins and for true love of the Cross. *Amen*

Sixth Prayer: **The Crucifixion**

*Pray 1 Our Father, 1 Hail Mary, then:*

Eternal Father, through Mary's unblemished hands and the Divine Heart of Jesus, I offer You Your 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 forth from these for us, His extreme tortures of the 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 His Church, as well as for the Diaspora. *Amen*

Seventh Prayer: **The Piercing of Jesus' Side**

*Pray 1 Our Father, 1 Hail Mary, then:*

Eternal Father, accept as worthy, for the needs of the Holy Church and as atonement for the sins of all Mankind, the Precious Blood and Water which poured forth from the Wound of Jesus' Divine Heart. Be gracious and merciful toward us. Blood of Christ, the last precious content of His Holy Heart, wash me of all my and others' guilt of sin! Water from the Side of Christ, wash me clean of all punishments for sin and extinguish the flames of Purgatory for me and for all the Poor Souls. *Amen*



St. Bridget of Sweden was the daughter of Uppland's Lagman, Birger Petersson and his wife, Ingeborg, who was a member of the same clan as the reigning family. Birgitta's family was pious; her father went to confession every Friday and made long and arduous pilgrimages as far away as the Holy Land.

Birgitta's mother died, leaving Birgitta, ten years old, Katharine, nine and a newborn baby boy, Israel. The children were sent to their maternal aunt for further education and care. It seems that as a young child, Birgitta had a dream-vision of The Man of Sorrows. This dream was very vivid. Birgitta asked Him who had done that to Him. His answer: 'All those who despise my love.'

The memory of this dream never left Birgitta and may have even left an indelible mark on her sub-conscious. As was usual during the Middle Ages, Birgitta was married when she was 13 years old to a young man, Ulf Gudmarsson with whom she had eight children, four daughters and four sons, all of them survived infancy, and that was very rare at that time.

When the King of Sweden, Magnus Eriksson married Blanche of Namur, he asked his kinswoman, Birgitta to come and be Lady-in Waiting and to teach the young queen the language and customs of her new country. After her years of service at Court, Birgitta and Ulf made the long pilgrimage to Santiago di Compostela. On the return journey Ulf became dangerously ill in Arras.

Birgitta feared for his death and sat all night by his bed praying, and then a bishop appeared to her, promised that Ulf would recover and 'God had great things for her to do.' He told her that he was Denis, Patron of France. Ulf recovered and was able to continue his work as Lagman in the province of Närke until early in the year 1344, when he was very ill so Birgitta took him to the monks at Alvastra where he died and was buried. Birgitta remained in a little house near the abbey and she spent along hours in prayer by Ulf's grave. She said that she 'loved him like my own body.' She arranged her affairs among her children and various charities and prayed for guidance.

She was 41 years old and in the abbey at Alvastra God called her 'be My Bride and My canal'. He gave her the task of founding new religious order, mainly for women. He said that the other orders had fallen into decay and this new order would be a vineyard whose wine would revivify the Church. He showed her how her abbey church was to be built, gave directions concerning the clothing and prayers of the nuns, 60 in all, who needed priests as chaplains, 13 priests, 4 deacons and 8 lay brothers. These two communities were to be ruled by an abbess, who was to represent the Blessed Virgin Mary together with the Apostles in the Upper Room in Jerusalem.

King Magnus Eriksson donated a little palace and much land to the new monastery, but almost as soon she had begun altering the palace and organizing the work, Christ appeared to her and asked her to go to Rome and wait there until she got the pope to return from France to Rome. She was to be there during the Holy Year 1350. Birgitta left Sweden at the end of 1349 never to return. For the rest of her life she saw visions concerning the reform of the Church, messages to kings and popes and many other persons in high places, directing them to work for the Church.

It may be noted that Birgitta never wrote in the first person. She always said she carried a message from a very High Lord. Although she had longed to become a nun, she never even saw the monastery in Vadstena. In fact, nothing she set out to do was ever realised. She never had the pope return to Rome permanently, she never managed to make peace between France and England, she never saw any nun in the habit that Christ had shown her, and she never returned to Sweden but died, worn out old lady far from home in July 1373. She can be called the Patroness of Failures. In this she was like her Lord. He was also classed as failure as He hung on the Cross.

Birgitta was a successful failure as she was canonized in 1391. Birgitta was the only women ever to found a religious Order, Ordo Sanctissimi Salvatoris. It was never a double order but an order primarily for women with permanent chaplains, ruled by an abbess. The brothers had as their head, not a prior but a Confessor General who was responsible for the spiritual business of both convents.

The order spread swiftly throughout Europe with monasteries from Scandinavia right through Europe down to Italy. In modern times it has expanded into five different, juridically independent branches; Spain 1629, Rome 1911, U.S.A. 1970, Mexico at the change of the century. None of these foundations have brothers (except U.S.A. which has one male convent). The last Birgittine father died in Altomünster 1863. She is the patroness of Sweden. Her feast day is July 23.