

1 THE FIRST PRAYER

O Jesus Christ, Eternal Sweetness of those who hope in You, joy exceeding all joy and all desire, Salvation and love of sinners, Who has declared it to be Your delight to be with the children of men, even assuming human nature at the fullness of time for the love of men, recall all the premeditation and interior grief which You endured in Your human body at the approach of the time of Your most saving Passion, as it was decreed and ordained from all eternity in the Divine plan.

Remember the sadness and the bitterness which, as You Yourself testified, You felt in Your soul when at the Last Supper with Your disciples You gave them Your Body and Blood, washed their feet and sweetly consoling them, foretold Your imminent Passion.



Remember all the fear, anguish and grief You experienced in Your delicate body before the Passion of the cross when, after Your thrice-repeated prayer and bloody sweat, You were betrayed by Your disciple Judas, taken by a chosen people, accused by false witnesses, unjustly judged by three judges, condemned innocent in the chosen city, at Paschal time, in the bloom of youth, stripped of Your own clothing and clothed in the garments of another, buffeted, Your face and eyes veiled, covered with blows, bound to the pillar, scourged, crowned with thorns, struck with a reed on the head, and torn with numberless other acts of violence. Give me, O Lord God, I beseech You, before I die, in memory of these Your passions before the cross, a true contrition, true confession, worthy satisfaction and remission of all my sins. Amen.

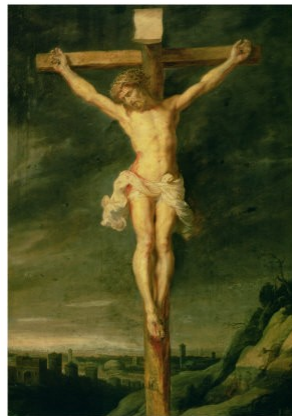
beseech You to free me from all my enemies, visible and invisible, and grant me to reach the perfection of eternal salvation under the shadow of Your wings. Amen.

5 THE FIFTH PRAYER

O Jesus, Mirror of eternal brightness, remember the grief which You endured when You beheld in the mirror of Your most serene Majesty, the predestination of the elect to be saved by the merits of Your Passion, and the reprobation of the wicked to be damned by their own demerits; and by the abyss of Your mercy, whereby You then had compassion on us lost and hopeless sinners, and which You showed the thief on the cross, saying, "This day, you shall be with Me in Paradise." I beseech You, O merciful Jesus, show mercy on me at the hour of my death. Amen.

6 THE SIXTH PRAYER

O Jesus, Beloved and most desirable King, remember the grief You did suffer, when naked and like a common criminal, You were fastened and raised on 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: "Son, behold your Mother!" I beg of You O my Saviour, by the sword of sorrow which pierced the soul of Your holy Mother, to have compassion on me in all my affliction and tribulations, both corporal and spiritual, and to assist me in all my trials, and especially at the hour of my death. Amen.



14 THE FOURTEENTH PRAYER

O Jesus, Only Son of the Father, Splendor and Figure of His Substance, remember the simple and humble recommendation You did make of Your Soul to Your Eternal Father, saying: "Father, into Your Hands I commend My Spirit!" And with Your Body all torn, and Your Heart Broken, and the bowels of Your Mercy open to redeem us, You did Expire. By this Precious Death, I beg of You O King of Saints, comfort me and help me 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.

15 THE FIFTEENTH PRAYER

O Jesus, True and fruitful Vine! Remember the abundant outpouring of Blood which You did so generously shed from Your Sacred Body as juice from grapes in a 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 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 receive my soul when I am in my death agony. Amen.

O Sweet Jesus, wound my heart that tears of penitence and love may be my food night and day, and bring me entirely to You, that my heart may ever be habitable for You, and my conversation pleasing and acceptable to You; and the end of my life so praiseworthy, that after the close of this life, I may deserve to praise You with all Your saints forever. Amen.



7 THE SEVENTH PRAYER

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 Saviour, 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.

8 THE EIGHTH PRAYER

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

9 THE NINTH PRAYER

O Jesus, Royal virtue, joy of the mind, recall the pain You endured when, plunged in an 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 Saviour, not to abandon me in the terrors and pains of my death. Amen.

10 THE TENTH PRAYER

Jesus, Who art 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 You. Amen.

"How many wounds did you receive during Your Passion?"

"5,475 blows"

15 Prayers to Honor the Wounds of the Dolorous Passion of Our Lord Jesus Christ



Given to St. Bridget.
Aka "The Fifteen O's"
www.holywounds.com

Say these prayers for a year

11 THE 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 Bones and 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 just indignation shall have passed away. Amen.

12 THE TWELFTH PRAYER

O Jesus, Mirror of Truth, symbol of unity, bond 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 that You could have done for us which You have not done! May the fruit of Your suffering 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 art the treasure of every real good and every joy, which I beg You to grant me, O Sweetest Jesus, in heaven. Amen.

13 THE THIRTEENTH PRAYER

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 did bow Your Head, saying: "It is consummated!" Through this anguish and grief, I beg of You Lord Jesus, 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.

2 THE SECOND PRAYER

O Jesus, Maker of the world, whom no measure by just bounds does compass, who encloses the earth in Your palm, remember the most bitter grief which You endured when the Jews first fastened Your most sacred hands to the cross with dull nails, and as You were not agreeable to their will, added pain to pain in Your wounds by perforating Your most delicate feet, and cruelly wrenched and distended You the length and breadth of Your cross, so that the joints of Your limbs were loosened. I beseech You by the memory of this most sacred and bitter pain on the cross to give me Your fear and love. Amen.

3 THE THIRD PRAYER

O Jesus, Heavenly Physician, remember the languor, lividness, and pain which You suffered on the lofty scaffold of the cross, torn in all Your limbs, not one of which had remained in its right state, so that no pain was found like Your pain; for from the sole of Your foot to the top of Your head there was no soundness in You. And yet, regardless of all pains, You piously prayed to Your Father for Your enemies, saying: "Father, forgive them, they know not what they do." By this mercy and in remembrance of that pain, grant that this memory of Your most bitter Passion be a full remission of all my sins. Amen

4 THE FOURTH PRAYER

O Jesus, true liberty of angels, Paradise of delights, remember the sadness and horror which You endured when all Your enemies surrounded you like fierce lions and tortured You by buffets, by spitting upon You and by tearing and other unheard-of pains. By these pains and all the contumelious words and most severe torments whereby, O Lord Jesus Christ, all Your enemies afflicted You, I