

# Devotional Reflections

The Little St. Bridget Prayer Book

The Sacred Golden Arrow Prayer

With Selected Private Prayers.

Brother Patrick

**THE LITTLE ST. BRIDGET PRAYER BOOK AND  
THE SACRED GOLDEN ARROW PRAYER  
with selected private prayers**

**THE 15 PRAYERS OF ST. BRIDGET**

“These Prayers and these Promises have been copied from a book printed in Toulouse in 1740 and published by the P. Adrien Parvilliers of the Company of Jesus, Apostolic Missionary of the Holy Land, with approbation, permission and recommendation to distribute them.

“Pope Pius IX took cognizance of these Prayers with the prologue; he approved them May 31, 1862, recognizing them as true and for the good of souls.”

“As St. Bridget for a long time wanted to know the number of blows Our Lord received during His Passion, He one day appeared to her and said: ‘I received 5480 blows on My Body. If you wish to honor them in some way, say 15 Our Fathers and 15 Hail Marys with the following Prayers (which He taught her) for a whole year. When the year is up, you will have honored each one of My Wounds.’

“He further made the following promises to anyone who recited these Prayers for a whole year:

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1. I will deliver 15 souls of his lineage from Purgatory.
2. 15 souls of his lineage will be confirmed and preserved in grace.
3. 15 sinners of his lineage will be converted.
4. Whoever recites these Prayers will attain the first degree of perfection.
5. 15 days before his death I will give him My Precious Body in order that he may escape eternal starvation; I will give him My Precious Blood to drink lest he thirst eternally.
6. 15 days before his death he will feel a deep contrition for all his sins and will have a perfect knowledge of them.
7. I will place before him the sign of My Victorious Cross for his help and defense against the attacks of his enemies.
8. Before his death I shall come with My Dearest Beloved Mother.
9. I shall graciously receive his soul, and will lead it into eternal joys.
  
10. And having led it there I shall give him a special draught from the fountain of My Deity, something I will not for those who have not recited My Prayers.
  
11. Let it be known that whoever may have been living in a state of mortal sin for 30 years, but who will recite devoutly, or have the intention to recite these Prayers, the Lord will forgive him all his sins.
  
12. I shall protect him from strong temptations.
  
13. I shall preserve and guard his 5 senses.
  
14. I shall preserve him from a sudden death.
  
15. His soul will be delivered from eternal death.

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16. He will obtain all he asks for from God and the Blessed Virgin.
17. If he has lived all his life doing his own will and he is to die the next day, his life will be prolonged.
18. Every time one recites these Prayers he gains 100 days indulgence.
19. He is assured of being joined to the supreme Choir of Angels.
20. Whoever teaches these Prayers to another, will have continuous joy and merit which will endure eternally.
21. There where these Prayers are being said or will be said in the future God is present with His grace."

### **FIRST PRAYER**

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

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the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus Christ! Eternal Sweetness to those who love Thee, joy surpassing all joy and all desire, Salvation and Hope of all sinners, Who hast proved that Thou hast no greater desire than to be among men, even assuming human nature at the fullness of time for the love of men, recall all the sufferings Thou hast endured from the instant of Thy conception, and especially during Thy Passion, as it was decreed and ordained from all eternity in the Divine plan.

Remember, O Lord, that during the Last Supper with Thy disciples, having washed their feet, Thou gavest them Thy Most Precious Body and Blood, and while at the same time Thou didst sweetly console them, Thou didst foretell them Thy coming Passion.

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Remember the sadness and bitterness which Thou didst experience in Thy Soul as Thou Thyself bore witness saying: "My Soul is sorrowful even unto death."

Remember all the fear, anguish and pain that Thou didst suffer in Thy delicate Body before the torment of the Crucifixion, when, after having prayed three times, bathed in a sweat of blood, Thou wast betrayed by Judas, Thy disciple, arrested by the people of a nation Thou hadst chosen and elevated, accused by false witnesses, unjustly judged by three judges during the flower of Thy youth and during the solemn Paschal season.

Remember that Thou wast despoiled of Thy garments and clothed in those of derision; that Thy Face and Eyes were veiled, that Thou wast buffeted, crowned with thorns, a reed placed in Thy Hands, that Thou was crushed with blows and overwhelmed with affronts and outrages.

In memory of all these pains and sufferings which Thou didst endure before Thy Passion on the Cross, grant me before my death true contrition, a sincere and entire confession, worthy satisfaction and the remission of all my sins. Amen.

## SECOND PRAYER

Our Father

## The Little St Bridget Prayer Book

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

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the Lord is with thee.

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Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

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O Jesus! True liberty of angels, Paradise of delights, remember the horror and sadness which Thou didst endure when Thy enemies, like furious lions, surrounded Thee, and by thousands of insults, spits, blows, lacerations and other unheard-of-cruelties, tormented Thee at will. In consideration of these torments and insulting words, I beseech Thee, O my Saviour, to deliver me from all my enemies, visible and invisible, and to bring me, under Thy protection, to the perfection of eternal salvation. Amen.

## THIRD PRAYER

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

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Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.



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O Jesus! Creator of Heaven and earth Whom nothing can encompass or limit, Thou Who dost enfold and hold all under Thy Loving power, remember the very bitter pain Thou didst suffer when the Jews nailed Thy Sacred Hands and Feet to the Cross by blow after blow with big blunt nails, and not finding Thee in a pitiable enough state to satisfy their rage, they enlarged Thy Wounds, and added pain to pain, and with indescribable cruelty stretched Thy Body on the Cross, pulled Thee from all sides, thus dislocating Thy Limbs.

I beg of Thee, O Jesus, by the memory of this most Loving suffering of the Cross, to grant me the grace to fear Thee and to Love Thee. Amen.

### FOURTH PRAYER

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

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and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus! Heavenly Physician, raised aloft on the Cross to heal our wounds with Thine, remember the bruises which Thou didst suffer and the weakness of all Thy Members which were distended to such a degree that never was there pain like unto Thine. From the crown of Thy Head to the Soles of Thy Feet there was not one spot on Thy Body that was not in torment, and yet, forgetting all Thy sufferings, Thou didst not cease to pray to Thy Heavenly Father for Thy 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 Thy Most Bitter Passion may effect in us a perfect contrition and the remission of all our sins. Amen.

## FIFTH PRAYER

Our Father

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Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

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pray for us sinners,

now and at the hour of our death.

Amen.

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O Jesus! Mirror of eternal splendor, remember the sadness which Thou experienced, when contemplating in the light of Thy Divinity the predestination of those who would be saved by the merits of Thy Sacred Passion, Thou didst see at the same time, the great multitude of reprobates who would be damned for their sins, and Thou didst complain bitterly of those hopeless lost and unfortunate sinners.

Through this abyss of compassion and pity, and especially through the goodness which Thou displayed to the good thief when Thou saidst to him: "This day, thou shalt be with Me in Paradise." I beg of Thee, O Sweet Jesus, that at the hour of my death, Thou wilt show me mercy. Amen.

### SIXTH PRAYER

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

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Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus! Beloved and most desirable King, remember the grief Thou didst suffer, when naked and like a common criminal, Thou was fastened and raised on the Cross, when all Thy relatives and friends abandoned Thee, except Thy Beloved Mother, who remained close to Thee during Thy agony and whom Thou didst entrust to Thy faithful disciple when Thou saidst to Mary: "Woman, behold thy son!" and to St. John: "Son, behold thy Mother!"

I beg of Thee O my Saviour, by the sword of sorrow which pierced the soul of Thy 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.

## SEVENTH PRAYER

Our Father

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Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

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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 Thee 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.

## **EIGHTH PRAYER**

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

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the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

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Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus! Sweetness of hearts, delight of the spirit, by the bitterness of the vinegar and gall which Thou didst taste on the Cross for Love of us, grant us the grace to receive worthily Thy 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.

## NINTH PRAYER

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

## TENTH PRAYER

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

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O Jesus! Who art the beginning and end of all things, life and virtue, remembers that for our sakes Thou was plunged in an abyss of suffering from the soles of Thy Feet to the crown of Thy Head. In consideration of the enormity of Thy Wounds, teach me to keep, through pure love, Thy Commandments, whose way is wide and easy for those who love Thee. Amen.

## **ELEVENTH PRAYER**

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

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pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus! Deep abyss of mercy, I beg of Thee, in memory of Thy Wounds which penetrated to the very marrow of Thy Bones and to the depth of Thy being, to draw me, a miserable sinner, overwhelmed by my offenses, away from sin and to hide me from Thy Face justly irritated against me, hide me in Thy wounds, until Thy anger and just indignation shall have passed away. Amen.

## **TWELFTH PRAYER**

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

## The Little St Bridget Prayer Book

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus! Mirror of Truth, symbol of unity, bond of charity, remember the multitude of wounds with which Thou wast afflicted from head to foot, torn and reddened by the spilling of Thy adorable Blood. O great and universal pain, which Thou didst suffer in Thy virginal flesh for love of us! Sweetest Jesus! What is there that Thou couldst have done for us which Thou has not done! May the fruit of Thy suffering be renewed in my soul by the faithful remembrance of Thy Passion, and may Thy love increase in my heart each day, until I see Thee in eternity: Thou Who art the treasure of every real good and every joy, which I beg Thee to grant me, O Sweetest Jesus, in heaven. Amen.

### THIRTEENTH PRAYER

Our Father

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Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus! Strong Lion, Immortal and Invincible King, remember the pain which Thou didst endure when all Thy strength, both moral and physical, was entirely exhausted, Thou didst bow Thy Head, saying: "It is consummated!"

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Through this anguish and grief, I beg of Thee 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.

## FOURTEENTH PRAYER

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

# The Little St Bridget Prayer Book

now and at the hour of our death.

Amen.

O Jesus! Only Son of the Father, Splendor and Figure of His Substance, remember the simple and humble recommendation Thou didst make of Thy Soul to Thy Eternal Father, saying: "Father, into Thy Hands I commend My Spirit!" And with Thy Body all torn, and Thy Heart Broken, and the bowels of Thy Mercy open to redeem us, Thou didst Expire. By this Precious Death, I beg of Thee 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 Thee alone. I beg of Thee at the hour of my death to receive me, a pilgrim and an exile returning to Thee. Amen.

## FIFTEENTH PRAYER

Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace,

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the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

O Jesus! True and fruitful Vine! Remember the abundant outpouring of Blood which Thou didst so generously shed from Thy Sacred Body as juice from grapes in a wine press. From Thy Side, pierced with a lance by a soldier, blood and water issued forth until there was not left in Thy Body a single drop, and finally, like a bundle of myrrh lifted to the top of the Cross Thy delicate Flesh was destroyed, the very Substance of Thy Body withered, and the Marrow of Thy Bones dried up.

Through this bitter Passion and through the outpouring of Thy Precious Blood, I beg of Thee, O Sweet Jesus, to receive my soul when I am in my death agony. Amen

## THE GOLDEN ARROW PRAYER

MAY THE MOST HOLY, MOST SACRED, MOST ADORABLE, MOST INCOMPREHENSIBLE AND UNUTTERABLE NAME OF GOD BE ALWAYS PRAISED, BLESSED, LOVED, ADORED AND GLORIFIED, IN HEAVEN, ON EARTH AND UNDER THE EARTH, BY ALL THE CREATURES OF GOD, AND BY THE SACRED HEART OF OUR LORD JESUS CHRIST, IN THE MOST HOLY SACRAMENT OF THE ALTAR. AMEN.

After receiving this prayer, Sister Mary of St. Peter was given a vision in which she saw the Sacred Heart of Jesus delightfully wounded by this "Golden Arrow" as torrents of graces streamed from It for the conversion of sinners.

## REPARATION PRAYER

Eternal Father, turn away Thy angry gaze from our guilty people whose face has become unsightly in Thine eyes. Look instead upon the Face of Thy Beloved Son, for this is the Face of Him in Whom Thou art well pleased. We now offer Thee this Holy Face, covered with shame and disfigured by bloody bruises in reparation for the crimes of our age in order to appease Thine anger, justly provoked against us. Because Thy Divine Son, our Redeemer, has taken upon His Head all the sins of His members, that they might be spared, we now beg of Thee, Eternal Father, to grant us mercy. AMEN.

## **AN ASPIRATION TO THE ETERNAL FATHER TO BE FREQUENTLY RECITED DURING THE DAY**

ETERNAL FATHER, we offer You the Holy Face of Jesus, covered with blood, sweat, dust and spittle, in reparation for the crimes of communists, blasphemers, and for the profaners of the Holy Name and of the Holy Day. AMEN.

## **PRAYER TO REPRODUCE THE IMAGE OF GOD IN OUR SOULS**

Our Lord told Sister Mary of St. Peter that the Image of His Holy Face is like a Divine Stamp which, if applied to souls, through prayer, has the power of imprinting anew within them the Image of God.

I SALUTE THEE, I ADORE THEE, AND I LOVE THEE,

OH ADORABLE FACE OF MY BELOVED JESUS,

AS THE NOBLE STAMP OF DIVINITY!

COMPLETELY SURRENDERING MY SOUL TO THEE,

I MOST HUMBLY BEG THEE TO STAMP THIS SEAL UPON US ALL,

SO THAT "THE IMAGE OF GOD MAY ONCE MORE BE REPRODUCED BY ITS  
IMPRINT IN OUR SOULS. AMEN.

## The Adoration Prayer

My Lord Jesus Christ,

I believe that You are really here in this Sacrament.

Night and day You remain here compassionate and loving.

You call, You wait for,

You welcome everyone who comes to visit You.

I thank You, Jesus my Divine Redeemer

for coming upon the earth for our sake

and for instituting the Adorable Sacrament of the Holy Eucharist in order to remain with us until the end of the world.

I thank You for hiding beneath the Eucharistic species

Your infinite majesty and beauty,

which Your Angels delight to behold,

so that I might have courage to approach the throne of Your mercy.

I thank You dear Jesus,

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for having become the priceless Victim,

to merit for me the fullness of heavenly favors.

Awaken in me such confidence in You

that their fullness may descend ever more fruitfully upon my soul.

I thank You for offering Yourself

in thanksgiving to God for all His benefits,

spiritual and temporal

which He has bestowed on me.

Grant me grace and perseverance in your faithful service.

Amen.

## Daily Prayer to Our Guardian Angel

Angel of God

My guardian dear

To Whom His love

Commits me here

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Ever this day

Be at my side

To light and guard

To rule and guide.

Amen

## The Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

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Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

Amen.

### Prayer to the Holy Spirit

Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity. Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love. Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another. May we respect life as we work to solve problems of family and nation, economy and ecology. Spirit of God, spark our faith, hope and love into new action each day. Fill our lives with wonder and awe in your presence which penetrates all creation. Amen.

OR

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Oh Holy Spirit, You are the Third Person of the Blessed Trinity. You are the Spirit of truth, love and holiness, proceeding from the Father and the Son, and equal to Them in all things. I adore You and love You with all my heart. Teach me to know and to seek God, by whom and for whom I was created. Fill my heart with a holy fear and a great love for Him. Give me compunction and patience, and do not let me fall into sin.

Increase faith, hope and charity in me and bring forth in me all the virtues proper to my state of life. Help me to grow in the four cardinal virtues, Your seven gifts and Your twelve fruits.

Make me a faithful follower of Jesus, an obedient child of the Church and a help to my neighbor. Give me the grace to keep the commandments and to receive the sacraments worthily. Raise me to holiness in the state of life to which You have called me, and lead me through a happy death to everlasting life. Through Jesus Christ, our Lord.

Grant me also, O Holy Spirit, Giver of all good gifts, the special favor for which I ask {name special petition}, if it be for Your honor and glory and for my well being.

Amen.

OR

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Holy Spirit of light and love, you are the substantial love of the Father and the Son; hear my prayer. Bounteous bestower of most precious gifts, grant me a strong and living faith which makes me accept all revealed truths and shape my conduct in accord with them. Give me a most confident hope in all divine promises which prompts me to abandon myself unreservedly to you and your guidance. Infuse into me a love of perfect goodwill, and act according to God's least desires. Make me love not only my friends but my enemies as well, in imitation of Jesus Christ who through you offered himself on the Cross for all people. Holy Spirit, animate, inspire, and guide me, and help me to be always.

Breathe into me, Holy Spirit, that my thoughts may all be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I may always be holy.

Saint Augustine

## Prayer for the Dead

God our Father,

Your power brings us to birth,

Your providence guides our lives,

and by Your command we return to dust.

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Lord, those who die still live in Your presence,

their lives change but do not end.

I pray in hope for my family,

relatives and friends,

and for all the dead known to You alone.

In company with Christ,

Who died and now lives,

may they rejoice in Your kingdom,

where all our tears are wiped away.

Unite us together again in one family,

to sing Your praise forever and ever.

Amen.

## Prayer of Thanksgiving and Praise

Blessed are you, Lord God:

Blessed are you for ever.

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Holy is your name:

Blessed are you for ever.

Great is your mercy for your people:

Blessed are you for ever.

Amen!

Father, Son, and Holy Spirit,

We praise you and give you glory:

We bless you for calling us to be your holy people.

Remain in our hearts,

And guide us in our love and service.

Help us to let our light shine before others

And lead them to the way of faith.

Holy Trinity of love,

We praise you now and for ever.

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Amen!

We praise you, Father of all;

We thank you for calling us to be your people,

And for choosing us to give you glory.

In a special way we thank you for...

State your intention here.

Cleanse our hearts and our lives

With your holy word

And make our prayer pleasing to you.

Guide us by your Spirit

As we follow in the paths of Jesus our brother.

All glory and praise are yours, Father,

For ever and ever.

Amen!

## The Little St Bridget Prayer Book

Let us give glory to the Father

Through the Son

In the Holy Spirit,

For God has made us his people, his Church,

And calls us to sing his praises.

All honour and glory and thanks are his,

And praise and worship belong to him.

To God be glory in his Church

For ever and ever!

Amen!

Thanks for a beautiful day: On a beautiful day,

we may thank God and praise him for his many gifts.

Father of Jesus,

We praise you and give you glory

## The Little St Bridget Prayer Book

For the wonderful things you do for us;

For life and health,

for friends and family,

for this splendid day.

For these reasons, we pray as Jesus taught us:

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Amen.

Thank you for reading my little book of Prayers. Feel free to

contact me at

One Monastic Minute ([brpatrick.com](http://brpatrick.com)).

# The Little St Bridget Prayer Book

"The Little St. Bridget Prayer Book" offers a profound collection of prayers, including the revered 15 Prayers of St. Bridget, designed to honor the wounds of Christ and invoke divine mercy. With promises of salvation and grace for those who diligently recite them, this book serves as a spiritual guide to deepen one's faith and connection to God. Grounded in tradition, these prayers are a pathway to healing and hope, enriching the lives of the faithful.