

5,480 Reasons to Pray this Lent

During her many visions of Jesus, St Bridget of Sweden asked Jesus how many blows He suffered? He replied, there were 5,480 and if she prayed the "15 O's" for one year she would honor each one of His wounds. This prayer known as "The Fifteen Prayers of St Bridget of Sweden" can be found several places online, one is EWTN.com and several you tube videos to pray along with.

The Catholic Company
Catholicapostoliccenter.org

The Three O'clock Hour of Mercy

Jesus encouraged St Faustina to pray at 3 pm every day remembering His Passion and pleading mercy for sinners, to observe the hour Jesus died for us on the Cross.

Given our own circumstances, we can discern with the Holy Spirit's help to what is possible for us to do at the Great Hour of Mercy every day. It may mean praying the Divine Mercy Chaplet of the Stations of the Cross. It's also an ideal time to make a daily Holy Hour before our Lord in the Blessed Sacrament.

Divine Mercy Minutes with Jesus by Rev. George W. Kosicki, CSB

St Faustina's Way of the Cross (abbreviated)

- I. JESUS IS CONDEMNED TO DEATH. Do not be surprised if you are sometimes unjustly accused. I Myself first drank this cup of undeserved suffering for love of you.
- II. JESUS TAKES UP HIS CROSS. Do not be afraid of sufferings, I am with you.
- III. JESUS FALLS THE FIRST TIME. Jesus, despite your graces, I see and feel all my misery. ...But I do not lose heart. I trust God's grace, which abounds in the worst misery.
- IV. JESUS MEETS HIS SORROWFUL MOTHER. (Mary to Faustina) Do not fear apparent obstacles, but fix your gaze upon the Passion of my Son, and in this way you will be victorious.
- V. SIMON OF CYRENE HELPS JESUS CARRY HIS CROSS. I do not reward for good results but for the patience and hardship undergone for my sake.
- VI. VERONICA WIPES THE FACE OF JESUS. Know that whatever good you do to any soul, I accept it as if you had done it to me
- VII. JESUS FALLS THE SECOND TIME. Jesus, do not leave me in suffering. You know, Lord, how weak I am.
- VIII. JESUS CONSOLES THE WOMEN OF JERUSALEM. O how pleasing to Me is living faith.

IX. JESUS FALLS THE THIRD TIME. Do not lose heart in coming for pardon, for I am always ready to forgive you.

X. JESUS IS STRIPED OF HIS GARMENTS. My likeness to Jesus must be through suffering and humility.

XI. JESUS IS NAILED TO THE CROSS. My pupil, have great love for those who cause you suffering.

XII. JESUS DIES ON THE CROSS. All this is for the salvation of souls. Consider well...what you are doing for their salvation.

XIII. JESUS IS TAKING DOWN FROM THE CROSS. Most dear to Me is the soul that strongly believes in My goodness and has complete trust in Me.

XIV. JESUS IS LAID IN THE TOMB. Every soul You have entrusted to me, Jesus, I will try to aid with prayer and sacrifice.

"Transformed by the Word, Daily Lenten Devotions from Ash Wednesday through Divine Mercy Sunday", Lent 2024

Stations of the Cross Through the Eyes of Mary

Pray these stations through the heart of Mary. Can be found on several you tube videos or books.

33 Days to Divine Mercy by Matthew Kelly

Dynamiccatholic.com

In its revelations to St Faustina Jesus describes a Novena that He wants her to make before the Feast of Mercy.

Beginning on Good Friday and ending on Saturday before Divine Mercy Sunday pray the Divine Mercy Novena for the conversion of the whole world. The Novena will include a different group to pray for each day.

At the National Shrine of Divine Mercy in Stockbridge, MA the Chaplet of Divine Mercy Novena is recited perpetually at the Hour of Great Mercy - the three o'clock hour.

The full Novena and Chaplet can be found online at thedivinemercy.org or on Youtube through Catholic Crusade, in a Divine Mercy Novena and Chaplet pamphlets that may be found in your church or at a Catholic bookstore or Amazon.

Divine Mercy Minutes w/Jesus, diary 796, 1209.

Bonnie Damrow

Divine Mercy Chair