

# THE DEVOTION TO THE SACRED HEART OF JESUS

In these troubled times, when so many men and women, families and young people are troubled by the afflictions of modern life, there has never been a greater need to look to and rely on the One never-failing Resource that can be of help in all our problems and necessities as well as a sure means of attaining salvation and perfection. That is the practice of The Devotion to the Sacred Heart of Jesus. Yet, the practice of the love of, and devotion to, the Sacred Heart is one of the most neglected Devotions by a majority of Catholics.

The purpose of this booklet is to provide a single source of the important prayers for the practice of the devotion, so that all can secure the blessings and graces Our Lord Jesus Christ promises, from the excessive mercy of His Sacred Heart.



The Devotion of the Sacred Heart of Jesus is THE FIRST CATHOLIC DEVOTION SPECIFICALLY REQUESTED AND ESTABLISHED BY JESUS CHRIST, HIMSELF through His explicit instructions and the now-famous "12 Promises" (enclosed) in two years of revelations to the French nun, St. Margaret Mary Alacoque, and which were compiled in a book written by Father John Croiset, S.J. published one year after her death in 1691. Their authenticity has been officially acknowledged by the Church, which strongly supports and encourages the practice of the devotion.

Our Lord made the request, because of His ardent desire to be known, loved, honored and adored by all Catholics and to establish His reign in the hearts of all through our consecration to the devotion and love of His Sacred Heart.

A true love of Jesus Christ and special respect and veneration for the Blessed Sacrament are the hallmarks of the Devotion and all its exercises. This devotion is so pleasing to Jesus Christ that He can refuse nothing to those who practice it. He made this promise to St. Margaret Mary, whom He used to propagate it.

An integral part of the Devotion is the desire of Our Lord to have Catholics make reparation for the neglect, indifference and ingratitude of the majority that results in Jesus Christ being left alone, abandoned and forgotten on our altars, never visited to offer consolation for such neglect, though He has given us the miracle of His Divine Presence as a supreme gift to us in his desire to be always with us.

“And He showed me that it was His great desire of being loved by men and of withdrawing them from the path of ruin into which Satan hurts such crowds of them, that made Him form the design of manifesting His Heart to men, with all the treasures of love, of mercy, of grace, of sanctification and salvation which It contains, in order that those who desire to render Him and procure for Him all the honor and love possible, might themselves be abundantly enriched with those divine treasures of which this Heart is the source. He should be honored under the figure of this Heart of flesh, and its image should be exposed . . . He promised me that wherever this image should be exposed with a view to showing it special honor, He would pour forth His blessings and graces. This devotion was the last effort of His love that He would grant to men in these latter ages, in order to withdraw them from the empire of Satan which He desired to destroy, and thus introduce them into the sweet liberty of the rule of His love, which He wished to restore in the hearts of all those who should embrace this devotion.”

St. Margaret Mary Alacoque

### **THE PROMISES OF THE SACRED HEART OF JESUS TO ST. MARGARET MARY**

Faithful Catholics consecrate to the Sacred Heart of Jesus, in a spirit of reparation, the First Friday of each month. Jesus himself made the following promises to St. Margaret Mary in favor of those who practice and promote this devotion.

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their families and will unite families that are divided.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all in death.
5. I will bestow the blessings of Heaven on all their enterprises.
6. Sinners shall find in my Heart the source and the infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an Image of my Heart shall be exposed and honored and will imprint My love on the hearts of all those who would wear this image on their person. I will also destroy in them all disordered movements.
10. I will give the priests who are animated by a tender devotion to my Divine Heart the gift of touching the most hardened hearts.
11. Those who promote this devotion shall have their names written in my Heart, never to be effaced.
12. I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who communicate on the First Friday in nine consecutive months the grace of final penitence; they shall not die in my disgrace nor without receiving their Sacraments. My divine Heart shall be their safe refuge in this last moment. (The Nine Fridays must be made in honor of His Sacred Heart, meaning, practicing the devotion and having a great love of his Sacred Heart. They must be consecutive, and Communion must be received).

## ACT OF REPARATION

Most Sweet Jesus, whose overflowing charity for men is requited by so much forgetfulness, negligence and contempt, behold us prostrate before you, eager to repair by a special act of homage the cruel indifference and injuries to which your loving Heart is everywhere subject.

Mindful, alas! That we ourselves have had a share in such great indignities, which we now deplore from the depths of our hearts, we humbly ask your pardon and declare our readiness to atone by voluntary expiation, not only for our own personal offenses, but also for the sins of those, who straying far from the path of salvation, refuse in their obstinate infidelity to follow you, their Shepherd and Leader, or, renouncing the promises of their baptism, have cast off the yoke of your law.

We are now resolved to expiate each and every deplorable outrage committed against you; we are now determined to make amends for the manifold offenses against Christian modesty in unbecoming dress and behavior, for all the foul seductions laid to ensnare the feet of the innocent, for the frequent violations of Sundays and holys days, and the shocking blasphemies uttered against you and your Saints.

We wish also to make amends for the insults to which your Vicar on earth and your priests are subjected, for the profanation, by conscious neglect or terrible acts of sacrilege, of the very Sacrament of our divine love, and lastly for the public crimes of nations who resist the rights and teaching authority of the Church which you have founded.

Would that we were able to wash away such abominations with our blood. We now offer, in reparation for these violations of your divine honor, the satisfaction you once made to your Eternal Father on the cross and which you continue to renew daily on our altars; of your Virgin Mother and all the Saints and of the pious faithful on earth; and we sincerely promise to make recompense, as far as we can with the help of your grace, for all neglect of your great love and for the sins we and others have committed in the past.

Henceforth, we will live a life of unswerving faith, of purity of conduct, of perfect observance of the precepts of the Gospel and especially that of charity.

We promise to the best of our power to prevent others from offending you and to bring as many as possible to follow you.

O loving Jesus, through the intercession of The Blessed Virgin Mother, our model in reparation, deign to receive the voluntary offering we make of this act of expiation; and by the crowning gift of perseverance keep us faithful unto death in our duty and the allegiance we owe to you, so that we may all one day come to that happy home, where with the Father and the Holy Spirit you live and reign, God, forever and ever. Amen.

## **PRAYER OF CONSECRATION**

I, ....., give myself to the Sacred Heart of our Lord Jesus Christ, and I consecrate to him my person and my life, my actions, pains, and sufferings, so that henceforth I shall be unwilling to make use of any part of my being except for the honor, love, and glory of the Sacred Heart.

My unchanging purpose is to be all his and to do all things for the love of him while renouncing with all my heart whatever is displeasing to him.

I take you, O Sacred Heart, as the only object of my love, the guardian of my life, the assurance of my salvation, the remedy of my weakness and inconstancy, the atonement for all my faults, and the sure refuge at my death.

O Heart of goodness, by my justification before God the Father, and turn away from me the strokes of his righteous anger.

O Heart of love, I place all my trust in you, for I fear everything from my own wickedness and frailty, but I hope for all things from your goodness and bounty.

Consume in me all that can displease you or resist your holy Will. Let your pure love imprint you so deeply upon my heart that I shall nevermore be able to forget you or be separated from you. May I obtain from all your loving kindness the grace of having my name written in you, for I desire to place in you all my happiness and all my glory, living and dying in virtual bondage to you.

St. Margaret Mary Alacoque

## **PRAYER OF TRUST IN THE SACRED HEART**

In all my temptations, I place my trust in you, O Sacred Heart of Jesus.

In all my weaknesses, I place my trust in you, O Sacred Heart of Jesus.

In all my difficulties, I place my trust in you, O Sacred Heart of Jesus.

In all my trials, I place my trust in you, O Sacred Heart of Jesus.

In all my sorrows, I place my trust in you, O Sacred Heart of Jesus.

In all my work, I place my trust in you, O Sacred Heart of Jesus.

In every failure, I place my trust in you, O Sacred Heart of Jesus.

In every discouragement, I place my trust in you, O Sacred Heart of Jesus.

In life and in death, I place my trust in you, O Sacred Heart of Jesus.

In time and in eternity, I place my trust in you, O Sacred Heart of Jesus.

### **PRAYER FOR PERSERVERANCE**

O, Sacred Heart of Jesus, living and life-giving fountain of eternal life, infinite treasure of the Divinity, and glowing furnace of love, you are my refuge and my sanctuary. O adorable and glorious Savior, consume my heart with that burning fire that ever inflames your Heart. Pour down on my soul those graces which flow from your love. Let my heart be so united with yours that our wills may be one, and mine may in all things be conformed to yours. May your Will be the rule both of my desires and my actions.

St. Alphonsus Liguori

### **PRAYER OF ADORATION TO THE BLESSED SACRAMENT**

Jesus Christ, my Lord and my God, whom I believe to be really present in the Blessed Sacrament of the Altar, receive this act of most profound adoration to supply for the desire I have to adore Thee unceasingly, and in thanksgiving for the sentiments of love which Thy Sacred Heart has for me in this Sacrament. I cannot better acknowledge them than by offering Thee all the acts of adoration, resignation, patience and love which this Divine Heart has made during its mortal life, and which it makes still and will make eternally in Heaven, in order that through it, I may love Thee, praise Thee and adore Thee worthily as much as it is possible for me. I unite myself to this Divine Offering which Thou dost make to Thy Divine Father, and I consecrate to Thee my whole being, praying Thee to destroy in me all sin and not to permit that I should be separated from Thee eternally. Amen.

### **PRAYER FOR HOLY MASS**

Eternal Father, permit me to offer to Thee the Heart of Jesus Christ, Thy well-beloved Son, as He offers Himself to Thee in sacrifice. Graciously receive this offering on my behalf and receive all the desires, sentiments, and affections, all the movements and acts of this Sacred Heart. They are all mine, since He immolates Himself for me, and since I intend to have no other desires henceforth but His. Receive them in satisfaction for my sins, and in thanksgiving for all His benefits. Graciously receive then, all the merits of the Sacred Heart of Thy Divine Son which I offer, and grant me in return all the graces of which I stand in need, especially the grace of final perseverance. Receive them as so many acts of love, adoration and praise which I offer to Thy Divine Majesty, since it is by Thy Divine Son alone that Thou art worthily honored and glorified. Amen.

## LITANY OF THE MOST SACRED HEART OF JESUS

Lord, have mercy.

*Christ, have mercy.*

Lord, have mercy

Christ hear us.

*Christ, graciously hear us,*

God, the Father of heaven,

*have mercy on us.\**

God, the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, one God,

Heart of Jesus, Son of the eternal Father,

Heart of Jesus, formed by the Holy Spirit  
in the womb of the Virgin Mother,

Heart of Jesus, substantially united to the  
Word of God,

Heart of Jesus, of Infinite majesty,

Heart of Jesus, sacred temple of God,

Heart of Jesus, tabernacle of the Most  
High,

Heart of Jesus, house of God and gate of  
heaven,

Heart of Jesus, burning furnace of  
charity,

Heart of Jesus, abode of justice and love

Heart of Jesus, full of goodness and love,

Heart of Jesus, abyss of all virtues.

Heart of Jesus, most worthy of all praise,

Heart of Jesus, in whom are all the  
treasures of wisdom and knowledge.

Heart of Jesus, in whom dwells the  
fullness of divinity.

Heart of Jesus, in whom the Father was  
well pleased.

Heart of Jesus, of whose fullness we  
have all received.

Heart of Jesus, desire of the everlasting  
hills

Heart of Jesus, patient and most merciful,

Heart of Jesus, enriching all who invoke  
you,

Heart of Jesus, fountain of life and  
holiness,

Heart of Jesus bruised for our offenses,

Heart of Jesus, obedient to death,

Heart of Jesus, pierced with a lance,

Heart of Jesus, source of all consolation,

Heart of Jesus, our life and resurrection,

Heart of Jesus, our peace and  
reconciliation,

Heart of Jesus, salvation of those who  
trust in you,

Heart of Jesus, delight of all the saints,

Lamb of God, you take away the sins of  
the world; *spare us, O Lord.*

Lamb of God, you take away the sins of  
the world, *graciously hear us, O Lord.*

Lamb of God, you take away the sins of  
the world, *have mercy on us.*

Jesus, meek and humble of heart.

*Mark our hearts like to yours.*

\*Have mercy on us is repeated after each  
invocation.

Let us pray. Almighty and eternal God, look upon the Heart of your most beloved Son and upon the praises and satisfaction which he offers you in the name of sinners; and to those who implore your mercy, in your great goodness, grant forgiveness in the name of the same Jesus Christ, your Son, who lives and reigns with you forever and ever. Amen.

## **PRAYER OF ADORATION AND LOVE TO THE SACRED HEART**

I adore Thee, I love Thee, I praise Thee, I cry to Thee for mercy, I return Thee thanks, I invoke Thee and confide myself entirely to Thee, O most holy and adorable Heart of my Lord and Savior, Jesus Christ, who for the salvation of us all didst submit Thyself to the rigors of Divine Justice, and didst voluntarily accept a birth accompanied with poverty, sorrow and contempt, a life of labor and contradictions, but of kindness for all, and a death full of opprobrium, confusion and sorrow, and who, in fine, for the love of those who wish to be saved through Thy divine charity, dost remain in the Blessed Sacrament of the altar to the end of time. Accomplish, O most adorable Heart, Thy wishes in my poor and miserable heart, which I dedicate and consecrate to Thee forever. Grant that I may live in the sentiments of love and gratitude which it owes Thee, that it may at all times breathe only Thy honor and glory, in order that it may expire in the waters of perfect contrition. Amen.

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St. Margaret Mary had an extraordinary devotion to the souls in Purgatory and received revelations about their suffering, about our Lord's tender love for them and His eager desire for their deliverance. The devotion to them should therefore form a part of the devotion to the Sacred Heart.

### **PRAYER TO JESUS AND MARY FOR ALL THE FAITHFUL DEPARTED**

Most loving Jesus, I humbly beg you to offer to your eternal Father, in behalf of the holy souls in purgatory, the most Precious Blood which poured forth from the sacred wounds of your adorable Body, together with your agony and death.

O Sorrowful Virgin Mary, do you also present to the Father, together with the dolorous Passion of your Son, your own sighs and tears and all the sorrows you suffered in his suffering, in order that through the merits of the same, the souls now suffering in purgatory may receive refreshment and peace. Delivered from that painful state, may they be clothed with glory in heaven, there to sing the glories of God for ever and ever.

### **PRAYER TO JESUS FOR THE SUFFERING SOULS**

My Jesus, by the sorrows you suffered in your agony in the garden, in the scourging and crowning with thorns, in the way to Calvary, in your crucifixion and death, have mercy on the souls in purgatory, especially those who are most forsaken. Deliver them from the dire torments they endure, and admit them to your most sweet embrace in paradise. Our Father, Hail Mary, Eternal rest, etc.

### **PRAYER FOR A DEPARTED FATHER AND MOTHER**

O God, you commanded us to honor father and mother, in your goodness, have mercy on the souls of my father and mother (or the soul of my father, or the soul of my mother,) and forgive them their sins (or forgive him his sins, or forgive her her sins,) and bring me to see them (or him, or her) in the joy of eternal happiness. We ask this through Christ the Lord.

Dear Love of His Sacred Heart,

To receive the graces and blessing of His 12 Promises, which He wishes you to have, try at all times to do the following:

**LOVE HIM**, fervently.

**PRAY TO HIM**, constantly.

**TRUST HIM**, in everything.

**VISIT HIM**, frequently.

**RECEIVE HIM**, as often as possible.

He always keeps His Promises, if you do your part.

To fall in love with God is the greatest of all romances; to seek Him, the greatest adventure; to find Him, the greatest human achievement.

St. Augustine

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Additional information about the devotion and its practice is on the Devotion website below. The [www.sacredheartprayers.com](http://www.sacredheartprayers.com) site contains a complete ONLINE Prayer RETREAT you can make at home.

\* Quote by the mystic, Sr. Mary of the Trinity, is taken from the book, The Spiritual Legacy of Sr. Mary of the Trinity, by Rev. Silvere Van Den Brock, O.F.M., TAN Books.

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