

## PRAYERS

### **A Morning Offering**

At the beginning of each day, make an offering of your whole day to the Sacred Heart through the Immaculate Heart of Mary.

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world.

I offer them for all the intentions of Your Sacred Heart: for the salvation of souls, the reparation for sins, the reunion of all Christians.

I offer them for the intentions of our bishops and of all Apostles of Prayer and in particular for those recommended by our Holy Father this month.

### **Prayer to the Sacred Heart of Jesus**

O most holy heart of Jesus, fountain of every blessing, I adore You, I love You, and with lively sorrow for my sins I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You.

Protect me in the midst of danger.

### **Pope Francis Prayer** Para 21 of Dilexit Nos

In the presence of the heart of Christ, I once more ask the Lord to have mercy on this suffering world in which he chose to dwell as one of us. May he pour out the treasures of his light and love, so that our world, which presses forward despite wars, socio-economic disparities and uses of technology that threaten our humanity, may regain the most important and necessary thing of all: its heart.

**The First Friday** of each month is dedicated to the Sacred Heart of Jesus. You can make a communion of reparation/atonement for the ingratitude and outrages against the loving Heart in the Blessed Sacrament –

“My dearest Lord Jesus, I will now receive this Holy Communion for love of you, in atonement for all the coldness and for all the sins whereby mankind has ever offended you in the Sacrament of your love.”

### References and Publications

**Haurietis Aquas** Encyclical Letter on devotion to the Sacred Heart

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Devotion to the Sacred Heart £2.81 and  
Sacred Heart: Prayers and Devotions £3.95,  
Booklets from [ctsbooks.org](http://ctsbooks.org)

Various booklets also available from  
St Pauls Online store at: [stpauls.org.uk](http://stpauls.org.uk)

**Catechism of the Catholic Church**  
(second edition) paragraph 478

Pope Francis reminds us that  
the core message of the Christian faith is:-

“Jesus Christ loves you;  
he gave his life to save you;  
and now he is living at your side  
every day to enlighten, strengthen  
and free you.”

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# DEVOTION TO THE MOST SACRED HEART OF JESUS



***Sacred Heart of Jesus,  
I place all my trust in You***

### **The Bible Says:**

#### **Matthew 11:28-29**

Jesus said, "Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls".

#### **John 19:33-34**

But when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water.

### **Encyclical Letter Dilxit Nos:**

#### ***On the human and Divine love of the Heart of Jesus***

The core message handed on to us, summed up in Jesus's words heard by Saint Margaret Mary: "This is the heart that so loved human beings that it has spared nothing, even to emptying and consuming itself in order to show them its love" - para 121

#### **Other extracts from the encyclical**

Saint John Henry Newman took as his motto the phrase *Cor ad cor loquitur*, [*Heart speaks to Heart*], since, beyond all our thoughts and ideas, the Lord saves us by speaking to our hearts from his Sacred Heart – para 26

#### **Meaning of the devotion**

Devotion to the heart of Christ is not the veneration of a single organ apart from the Person of Jesus. What we contemplate and adore is the whole Jesus Christ, the Son of God made man, represented by an image that accentuates his heart. That heart of flesh is seen as the privileged sign of the inmost being of the incarnate Son and his love, both divine and human. More than any other part of his body, the heart of Jesus is "the natural sign and symbol of his boundless love - para 48

### **The effects of Jesus's love for us**

Entering into the heart of Christ, we feel loved by a human heart filled with affections and emotions like our own. Jesus' human will freely chooses to love us, and that spiritual love is flooded with grace and charity. When we plunge into the depths of his heart, we find ourselves overwhelmed by the immense glory of his infinite love as the eternal Son, which we can no longer separate from his human love. It is precisely in his human love, and not apart from it, that we encounter his divine love: we discover "the infinite in the finite" – para 66

### **St Margaret Mary Alacoque**

Jesus appeared to her on St. John's feast in 1673 in Paray-le-Monial, France. He revealed to her His Heart burning with Love for humanity. In the vision, Jesus asked her to spread devotion to His Sacred Heart and instructed her how the devotion should be practiced.

#### **Jesus said:**

"Behold the Heart which has so loved men that it has spared nothing, even to exhausting and consuming Itself, in order to testify Its love; and in return, I receive from the greater part only ingratitude, by their irreverence and sacrilege, and by the coldness and contempt they have for Me in this Sacrament of Love. But what I feel most keenly is that it is hearts which are consecrated to Me, that treat Me thus. Therefore, I ask of you that the Friday after the Octave of Corpus Christi be set apart for a special Feast to honour My Heart, by communicating on that day, and making reparation to It by a solemn act, in order to make amends for the indignities which It has received during the time It has been exposed on the altars. I promise you that My Heart shall expand Itself to shed in abundance the influence of Its Divine Love upon those who shall thus honour It, and cause It to be honoured."

### **The Promises of Jesus to St Margaret Mary**

- (1) "I will give them all the graces necessary in their state of life.
- (2) I will establish peace in their homes.
- (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 abundant blessings upon all their undertakings.
- (6) Sinners will find in my Heart the source and infinite ocean of mercy.
- (7) Lukewarm 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 is exposed and honoured.
- (10) I will give to priests the gift of touching the most hardened hearts
- (11) Those who shall promote this devotion shall have their names written in my Heart.
- (12) I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment."**



Devotion to the Sacred Heart of Jesus is closely joined to devotion to the Immaculate Heart of the Blessed Virgin Mary.

Haurietis Aquas  
Para 124

**Sorrowful and  
Immaculate Heart  
of Mary,  
Pray for us**