



## Litany of the Sacred Heart of Jesus

Lord, have mercy. *Lord, have mercy.*

Christ, have mercy. *Christ, have mercy.*

Lord, have mercy. *Lord, have mercy.*

Christ hear us. *Christ, graciously hear us.*

God, the Father of Heaven, \*

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 in the womb of the Virgin Mother by the Holy Spirit, \*

Heart of Jesus, united substantially with the word of God, \*

Heart of Jesus, of infinite majesty, \*

Heart of Jesus, holy temple of God, \*

Heart of Jesus, tabernacle of the Most High, \*

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

Heart of Jesus, glowing furnace of charity, \*

Heart of Jesus, vessel 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, king and center of all hearts, \*

Heart of Jesus, wherein are all the treasures of wisdom and knowledge, \*

Heart of Jesus, wherein dwells all the fullness of the Divinity, \*

Heart of Jesus, in whom the Father is well pleased, \*

Heart of Jesus, of whose fullness we have all received, \*

*It is altogether impossible to enumerate the heavenly gifts which devotion to the Sacred Heart of Jesus has poured out on the souls of the faithful, purifying them, offering them heavenly strength, rousing them to the attainment of all virtues.*

--Pope Pius XII, from his encyclical  
*Haurietis Aquas (On Devotion to the Sacred Heart)*

*The Sacred Heart of Jesus devotion is also closely connected with devotion to the Blessed Sacrament. In the revelations of the Sacred Heart to St. Gertrude and St. Margaret Mary, Jesus shows that the Sacred Heart is more than a symbol used to represent his love; his Sacred Heart is also his real heart of flesh. The object of the Sacred Heart of Jesus devotion thus became connected with a devotion to the Real Presence of Jesus in the Blessed Sacrament; that is, his soul and divinity, and his body and blood. The real, physical Sacred Heart of Jesus is made present to us in the Eucharist!*

--from "What You Didn't Know About  
the Sacred Heart of Jesus" by Gretchen Filz

Heart of Jesus, desire of the everlasting hills, \*

Heart of Jesus, patient and rich in mercy, \*

Heart of Jesus, rich to all who call upon You, \*

Heart of Jesus, fount of life and holiness, \*

Heart of Jesus, propitiation for our offenses, \*

Heart of Jesus, holy temple of God, \*

Heart of Jesus, overwhelmed with reproaches, \*

Heart of Jesus, bruised for our iniquities, \*

Heart of Jesus, obedient unto 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, victim for our sins, \*

Heart of Jesus, salvation of those who hope in You, \*

Lamb of God, who takes away the sins of the world,  
*spare us, O Lord.*

Lamb of God, who takes away the sins of the world,  
*graciously hear us, O Lord.*

Lamb of God who takes away the sins of the world,  
*have mercy on us.*

V. Jesus, meek and humble of Heart.

R. Make our heart like Your Heart.

Let us pray.

Heavenly Father, we rejoice in the gifts of love we have received from the Heart of Jesus, Your Son. Open our hearts to share His life and continue to bless us with His love. We ask this in the name of Jesus the Lord. Amen.

\* = *Have mercy on us.*

## An Act of Consecration to the Sacred Heart of Jesus

Pope Leo XIII wrote this, which he urged the faithful to recite in order to dedicate themselves to the Heart of Our Lord and God. He asked that it be recited in conjunction with the Litany. Looking upon the dangers and evils of the modern world, the Holy Father composed this prayer as a petition or act of surrender on the behalf of the faithful to the Divine Heart.

Most sweet Jesus, redeemer of the human race, look down upon us, humbly prostrate before your altar. We are yours and yours we wish to be; but to be more surely united with you, behold each one of us freely consecrates himself today to your most sacred heart.

Many, indeed, have never known you; many too, despising your precepts, have rejected you. Have mercy on them all, most merciful Jesus, and draw them to your sacred heart.

Be you king, O Lord, not only of the faithful who have never forsaken you, but also of the prodigal children who have abandoned you; grant that they may quickly return to their father's house, lest they die of wretchedness and hunger.

Be you king of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that soon there may be but one flock and one shepherd.

Be you king also of all those who sit in the ancient superstition of the Gentiles, and refuse not you to deliver them out of darkness into the light and kingdom of God.

Grant, O Lord, to your Church, assurance of freedom and immunity from harm; give peace and order to all nations, and make the earth resound from pole to pole with one cry: "Praise to the divine heart that wrought our salvation; to it be glory and honor forever." Amen.



### Another Act of Consecration

Lord Jesus Christ,  
I want to give myself to you completely. When I see your Sacred Heart, I reflect upon your love. You came from the Father taking a human body with a human heart. You taught us to love God with all our hearts. You suffered and died to save us from sin and death. As you hung on the cross, your Heart was pierced by a lance. Out of it poured blood and water to signify the birth of your Church.

You rose from the dead, Jesus, to live forever with your Father in Heaven. But your Heart is still full of love for us. You still feel pain when people reject or ignore your love. You want us all to live forever with God.

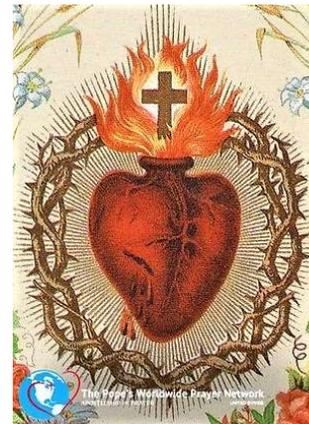
I now consecrate myself to your Sacred Heart, Jesus. You are the Son of God whom I love with all my heart. I offer you my body, my soul, my mind, and my heart. Receive me, make me holy, make my heart like your Heart, and guide me in the way of perfect love today and every day of my life. Amen.

### Morning Prayer to the Sacred Heart

Sacred Heart of our Savior, please bless us as the new day dawns. May we grow today in Your friendship, in helpfulness to others, in gratitude for Your benefits beyond number. May Christ-like love fill our hearts, guard our thoughts, and inspire our actions. Jesus, we believe in Your love for us. We trust in You and want to remain forever in the safe haven of Your loving Heart. Amen.

### Daily Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father.



*Our Lord Jesus Christ desires that we should, for sanctifying ourselves, glorify His all-loving Heart; for it was His Heart that suffered the most in His Sacred Humanity.*

*- Saint Margaret Mary Alacoque*

### Short Petition to the Sacred Heart of Jesus

Sacred Heart of Jesus, my light, my love and my life, grant that I may know but Thee, that I may

live but Thee, that I may live only by Thee, in Thee, through Thee, and for Thee.

by Saint Madeleine Sophie Barat (1779-1865)

## A Prayer of Reparation to the Sacred Heart of Jesus

Adorable Heart of Jesus, glowing with love for us and inflamed with zeal for our salvation. O Heart that understands the misery to which our sins have brought us, infinitely rich in mercy to heal the wounds of our souls, behold me humbly kneeling before You to express the sorrow that fills my heart for the coldness and indifference with which I have so long returned the numberless benefits which You have bestowed upon me.

With a deep sense of the outrages that have been heaped upon You by my sins and the sins of others, I wish to make reparation to Your most Sacred Majesty. It was our sins that filled Your Heart with bitterness; it was the weight of our guilt that pressed down Your face to the earth in the Garden of Olives and caused you to die in agony on the Cross. But now, repentant and sorrowful, I implore Your forgiveness.

Adorable Heart of Jesus, Source of true consolation and ever merciful to the penitent sinner, impart to our hearts the spirit of penance that we may be sincerely sorry for our sins. Pardon them, O Lord, in Your mercy, and let all who have sinned against You in the Sacrament of Your love be converted and return to You. Deliver us from our sins. And in order to repair the sins of ingratitude by which we have grieved Your most tender and loving Heart, may we love and honor You in the most adorable Sacrament of the Altar, where You are present to hear and grant our petitions and to be the food and life of our souls.

Merciful Jesus, be our Mediator with Your heavenly Father, whom we have so grievously offended. Help us to amend our ways. As Your Sacred Heart is our refuge and our hope when we have sinned, so let it be the strength and support of our repentance, and nothing in life or death shall ever separate us from You. Amen.

## Prayer of Confidence to the Sacred Heart of Jesus

Oh Lord Jesus Christ, to Your most Sacred Heart I confide this intention *{name petition}*. Only look upon me, then do what Your love inspires. Let Your Sacred Heart decide. I count on You. I trust in You. I throw myself on Your mercy. Lord Jesus, You will not fail me.

Sacred Heart of Jesus, I trust in You.

Sacred Heart of Jesus, I believe in Your love for me.

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked You for many favors, but I earnestly implore this one. Take it, place it in Your open Heart. When the Eternal Father looks upon it, He will see it covered with Your Precious Blood. It will be no longer my prayer, but Yours, Jesus. Sacred Heart of Jesus, I place all my trust in You. Let me not be disappointed. Amen.

## Prayer of Trust in the Sacred Heart

In all my temptations, \*

In all my weaknesses, \*

In all my difficulties, \*

In all my trials, \*

In all my sorrows, \*

In all my work, \*

In every failure, \*

In every discouragement, \*

In life and in death, \*

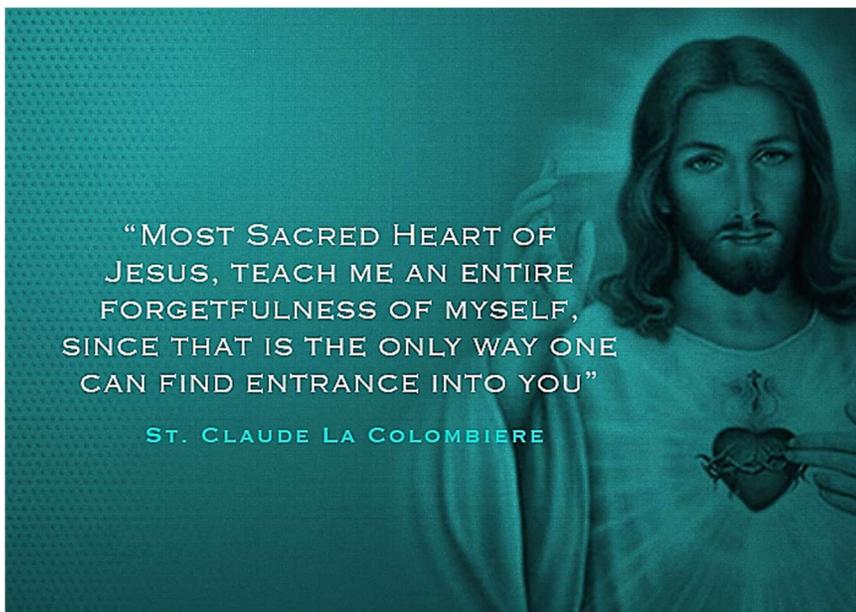
In time and in eternity, \*



\* = I place my trust in Thee, O Sacred Heart of Jesus.

## Prayer to the Sacred Heart

O most holy Heart of Jesus, fountain of every blessing,  
I adore you, I love you and with a 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;  
comfort me in my afflictions;  
give me health of body, assistance in my temporal needs,  
your blessings on all that I do, and the grace of a holy death.  
Within your heart I place my every care.  
In every need let me come to you with humble trust saying,  
Heart of Jesus, help me.  
Amen.



## Sacred Heart of Jesus, I place all my trust in you

O Sacred Heart of Jesus, for whom it is impossible not to  
have compassion on the afflicted, have pity on us miserable  
sinners and grant us the grace which we ask of you, through  
the Sorrowful and Immaculate Heart of Mary, your tender  
mother and ours.

Say the *Hail, Holy Queen* and add: “Saint Joseph, foster father  
of Jesus, pray for us.”

by Saint Margaret Mary Alacoque (1647-1690)

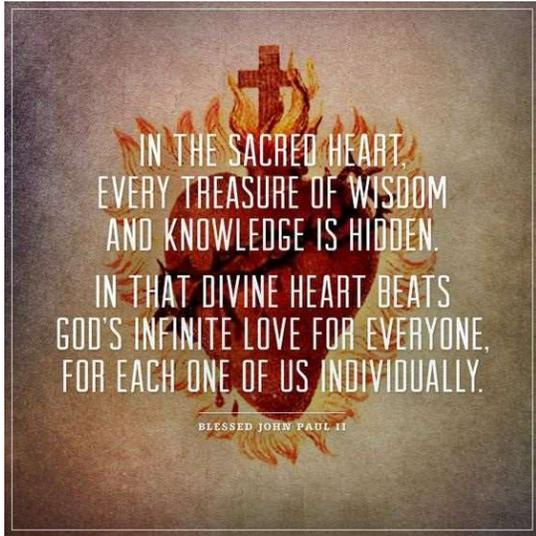
Latin	English
Salve, Regina, mater misericordiae: Vita, dulcedo, et spes nostra, salve. Ad te clamamus, exsules, filii Hevae. Ad te suspiramus, gementes et flentes In hac lacrimarum valle. Eia ergo, Advocata nostra, Illos tuos misericordes oculos Ad nos converte. Et Jesum, benedictum fructum ventris tui, nobis, post hoc exsilium ostende. O clemens! O pia! O dulcis Virgo Maria!	<i>Hail, holy Queen, mother of mercy, Our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, Mourning and weeping in this vale of tears. Turn then, O most gracious Advocate, Thine eyes of mercy towards us. And after this, our exile, Show unto us the blessed fruit of thy womb, Jesus.  O clement! O loving! O sweet Virgin Mary!</i>

## Family Prayer to the Sacred Heart

Sacred Heart of Jesus, we entrust our family to you. Look  
down upon us and reveal to us the treasures of love,  
goodness, and grace in your heart. Forgive our sins and  
fortify our weakness, that we may serve you faithfully as  
you deserve. These favors we ask for ourselves and for every  
family in our neighborhood and homeland. Heart of Jesus,  
pierced by a soldier's lance on Calvary, be our refuge in life  
and our gateway to paradise. Amen.

## Prayer to the Sacred Heart for Priests

Remember, O most loving Heart of Jesus, that they for whom I pray are those for whom You prayed so earnestly the night before Your death. These are they to whom You look to continue with You in Your sorrows when others



forsake You, who share Your griefs and have inherited Your persecutions, according to Your word: That the servant is not greater than his Lord. Remember, O Heart of Jesus, that they are the objects of the world's hatred and Satan's deadliest snares. Keep them

then, O Jesus, in the safe citadel of Your Sacred Heart and there let them be sanctified in truth. May they be one with You and one among themselves, and grant that multitudes may be brought through their word to believe in You and love You.

## A Prayer to the Sacred Heart

Remember, most gracious Lord, for Thy Son's sake, all those whose lot He shared on earth: the poor, the workpeople, the lonely, the oppressed. He is the Man of sorrows, gathering in Himself His people's griefs and bearing all human burdens in His Heart. He is sorrowful with the sorrowful, hungry with those that hunger, in pain with those who suffer pain.

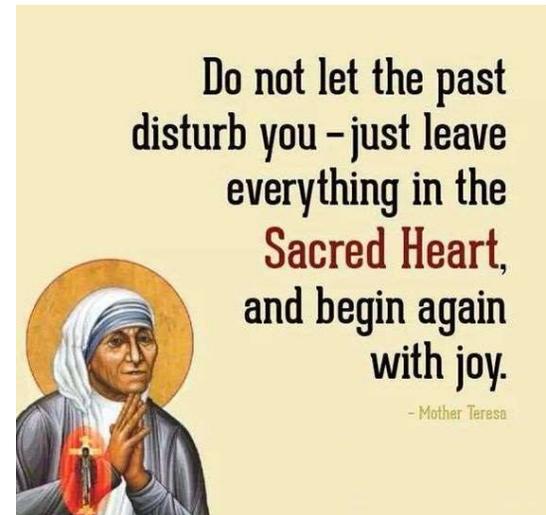
His soul responds by sympathy and love to every secret misery and silent agony. His heart-beats are as echoes to every pain and pang and cry of woe. For His sake, O God! For His sake whose life is one with ours, let comfort and courage be carried everywhere to every struggling soul, by the ministry of Angels and of men, from the copious treasures of the Eternal Sacrifice wherein is all the hope of all mankind. Amen.

by Reverend W. Roche, S. J.

## Prayer of Trust to the Sacred Heart (in Times of Stress)

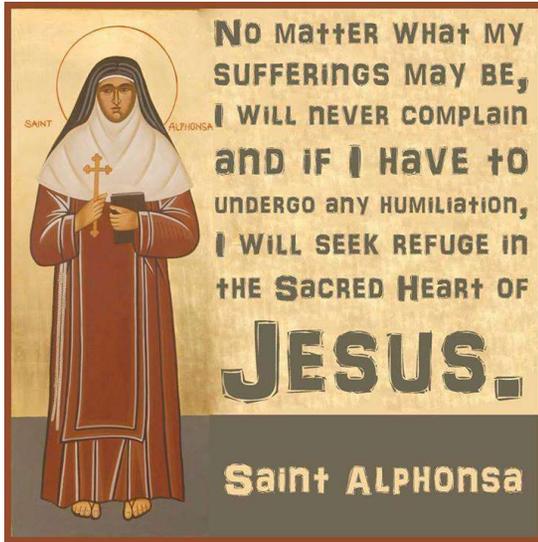
Holy Heart of Jesus, Sweet Sanctuary of rest, bring peace to my soul and settle my spirit, especially in the matter of \_\_\_\_\_.

I vow to place all of my worries and fears into the wound of your Sacred Heart, there to be tended to in accordance with your perfect will, which desires only the best and highest good. Your love alone is enough, and I surrender to it; clinging to the hope of a swift resolution and trusting with confidence in all of your promises. Amen.



### Prayer to the Sacred Heart in Times of Loss or Betrayal

Sweet Jesus, your heart beats for the brokenhearted, and you know their pain. You experienced loss when your friend



Lazarus died, and betrayal when your friends abandoned and rejected you in your darkest hours.

I ask you for relief and release right now in this time of grief. I cry out to your heart, seeking comfort and consolation. Take this present

heartache and unite it to your own for the good of others, especially \_\_\_\_\_. Ease my sorrow, and fill my heart with hope and light to face another day. Amen.

### Prayer to the Sacred Heart for Help to Forgive

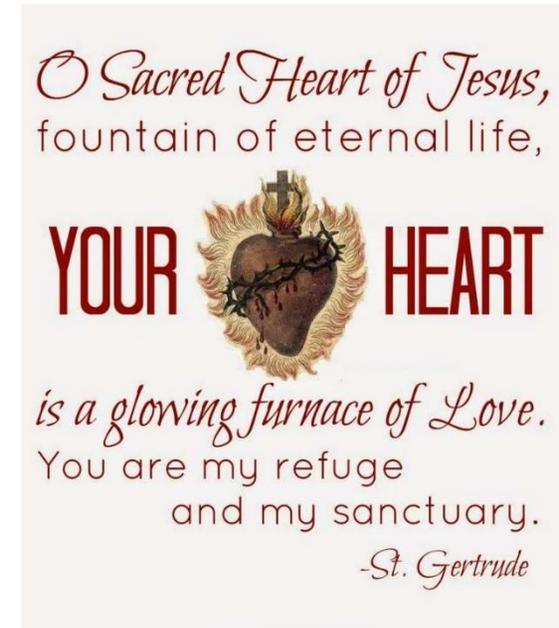
Lord Jesus, my heart feels like an impenetrable stone as I am struggling to forgive \_\_\_\_\_. Please trade my hardened heart for one that flows with mercy like your own.

Give me the grace to let go of bitterness, a desire for revenge, and the need for an apology. Set me free from the captivity of my unforgiving heart and fill me with the healing love of your Sacred Heart. Amen.

### Prayer to the Sacred Heart for Someone Who is Addicted

Lord, my heart is filled with concern for \_\_\_\_\_, who is addicted. You know and see the disorder and chaos that the addiction is causing, and your heart grieves over the distortion of personality and danger to the soul that results when someone is in the throes of addiction.

I pray that you will please give me the wisdom and spiritual fortitude to detach with love and trust in your tender mercies and that you will give \_\_\_\_\_ the humility and strength to seek recovery. I ask this through the saving grace of your Sacred Heart. Amen.



### Prayer to the Sacred Heart When Health is Failing

Sweet Heart of Jesus, my health is failing, and I am hurting. Thank you for my body, which is a great and marvelous gift and a temple where the Holy Spirit chooses to dwell. I offer up my current suffering for \_\_\_\_\_, accepting whatever you permit to happen to me.

I believe in your healing power and claim your promises of peace, help in all my afflictions, and the grace of final perseverance. Help me to resist all fear, and hide me, Lord, in the haven of your precious heart. Give me the strength to accept this current state of my health with joy, holy resignation, and lively hope for the future. Amen.

**Prayer of Thanksgiving and Praise to the Sacred Heart**

Lord, you deserve all honor and praise, because your love is perfect and your heart sublime.

My heart is filled to overflowing with gratitude for the many blessings and graces you have bestowed upon me and those whom I love.

Forever undeserving, may I always be attentive and never take for granted the gifts of mercy and love that flow so freely and generously from your Sacred Heart.

Heart of Jesus, I adore you.  
 Heart of Jesus, I praise you.  
 Heart of Jesus, I thank you.  
 Heart of Jesus, I love you forever and always.  
 Amen.



*O Sacred Heart of Jesus, have mercy on me a sinner.*

The devotion to the Sacred Heart of Jesus is the first Catholic devotion specifically requested and established by Our Lord Jesus Christ, Himself, in His revelations over a period of two years to Sister Margaret Mary Alacoque, a Visantine nun in France, beginning in 1693. The Church and Pope St. John Paul II strongly endorse the practice of the devotion, especially in these difficult and uncertain times, when we all need the blessings of the following promises Jesus Himself made to Saint Margaret Mary in favor of those who practice and promote this devotion:

**PROMISES OF THE SACRED HEART OF JESUS**

- 1 I WILL GIVE THEM ALL THE GRACES NECESSARY
- 2 I WILL BE THEIR SECURE REFUGE DURING LIFE, AND ABOVE ALL, IN DEATH
- 3 LUKEWARM SOULS SHALL BECOME FERVENT
- 4 I WILL GIVE TO PRIESTS THE GIFT OF TOUCHING THE MOST HARDENED HEARTS
- 5 I WILL ESTABLISH PEACE IN THEIR HOMES
- 6 I WILL BESTOW ABUNDANT BLESSINGS UPON ALL THEIR UNDERTAKINGS
- 7 FERVENT SOULS SHALL QUICKLY MOUNT TO HIGH PERFECTION
- 8 THOSE WHO SHALL PROMOTE THIS DEVOTION SHALL HAVE THEIR NAMES WRITTEN IN MY HEART
- 9 I WILL COMFORT THEM IN ALL THEIR AFFLICTIONS
- 10 SINNERS WILL FIND IN MY HEART THE SOURCE AND INFINITE OCEAN OF MERCY
- 11 I WILL BLESS EVERY PLACE IN WHICH AN IMAGE OF MY HEART IS EXPOSED AND HONORED
- 12 I WILL GRANT FINAL PERSEVERANCE TO THOSE WHO RECEIVE HOLY COMMUNION ON THE FIRST FRIDAYS IN NINE CONSECUTIVE MONTHS

SACRED HEART OF JESUS, PRAY FOR US