

DEVOTION TO THE SACRED HEART

THE MORNING OFFERING

The morning offering is the means by which all our thoughts, words and actions of each succeeding day are directed in a special way towards God's glory. It may be made in thought, in the heart only, or in words. The following is perhaps the shortest and most common form used:

O Jesus, through the Immaculate Heart of Mary, I offer you the prayers, works and sufferings of this day, for all the intentions of your divine Heart, in union with the holy sacrifice of the Mass.

By this simple offering, the life of each individual becomes wholly consecrated each day to our divine Lord and his interests. Hour by hour, moment by moment, second by second, as we go through the routine of our daily life, we gain merits which enable our Lord to dispense more of his graces and to give help to sorely tried souls, whose eternal destiny is perhaps trembling in the balance and depends upon the very grace which our morning offering empowers him to give. When we give our merits to Christ and leave their application to him, he can dispense the grace as he knows best and in the most useful way to mankind. The value and efficacy of the merits which we offer by the daily morning oblation are immeasurably enhanced by being offered in union with the sacrifice of the Mass, the oblation of which our Lord himself offers daily upon our altars.

Thus, by the daily gift of love, our lives are made an unbroken prayer; they are blended into constant prayerful union with the ineffable supplications of the pleading Heart of Jesus upon our altars, and become useful and helpful to him in realising more fully his unquenchable desire for the salvation and sanctification of the souls of men.

THE APOSTLESHIP OF PRAYER

Millions of devoted friends of our Lord have been united into one great league of prayer for the interests of the Sacred Heart, and have pledged themselves to make this morning offering each day. This league is known as the *Apostleship of Prayer*.

Its members are gathered into one great body embracing union of prayer and supplication in the name of him who gave the assurance that where two or three are gathered together in his name he is in their midst and hearkens most readily to their supplications. Over the years succeeding Vicars of Christ have given their approval, blessing and encouragement to the league of the Apostleship of Prayer.

In addition to the morning oblation, many millions of members of the Apostleship of Prayer strive to further the interests of the Sacred Heart by saying one *Our Father* and ten *Hail Marys* daily for the intentions of the Pope. Other members also practise and encourage a spirit of reparation to the Sacred Heart by receiving holy Communion frequently and by keeping the "Holy Hour" on each Thursday to commemorate the Agony of our Lord in the Garden.

Should not our hearts be enkindled with a spirit of prayerful devotedness when we think of the pressing need of help for countless souls, of the intense desires of the Sacred Heart for their salvation, of the millions of our brethren united with us in an unceasing offering of prayer for the intentions of the Sacred Heart, and of the daily opportunities and advantages of such prayerful zeal? Let us rejoice in uniting the offerings of our prayers, works and sufferings with those of millions of devoted lovers of the Sacred Heart, so that his kingdom may be extended on earth and a countless number of souls be brought to rejoice with him in heaven for ever!

PROMISES OF THE SACRED HEART

1. I will give them all the graces necessary for their state of life.
2. I will establish peace in their families.
3. I will bless every home in which an image of my Heart shall be exposed and honoured.
4. I will console them in all their difficulties.
5. I will be their refuge during life and especially at the hour of death.

6. I will shed abundant blessings upon all their undertakings.
7. Sinners shall find in my Heart a fountain and boundless ocean of mercy.
8. Tepid souls shall become fervent.
9. Fervent souls shall rise speedily to great perfection.
10. I will give priests the power of touching the hardest hearts.
11. Those who propagate this devotion shall have their names written in my Heart, never to be blotted out.
12. In the excessive mercy of my Heart I will grant the grace of final penitence to those who communicate on the first Friday of nine consecutive months; they shall not die in my displeasure or without the sacraments. My divine Heart will be their safe refuge in this last moment.

ACT OF CONSECRATION TO THE SACRED HEART OF JESUS

Most sweet Jesus, redeemer of the human race, look down upon us, humbly prostrate before Thy altar. We are yours and yours we wish to be; but to be more surely united with Thee, behold each one of us freely consecrates himself today to Thy most Sacred Heart. Many, indeed, have never known Thee while many others, despising Thy precepts, have rejected Thee. Have mercy on them all, most merciful Jesus and draw them to Thy Sacred Heart. Be King, O Lord, not only of the faithful who have never forsaken Thee, but also of the prodigal children who have abandoned Thee; grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger. Be King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbour of truth and unity of faith, so that soon there may be but one flock and one Shepherd. Be King of all those who are still involved in the darkness of idolatry or of Islamism, and refuse not to draw them all into the light and kingdom of God. Turn Thine eyes of mercy toward the children of that race, once Thy chosen people. Of old they called down upon themselves the blood of the Saviour; may it now descend upon them, a layer of redemption and of life. Grant, O Lord, to Thy 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 honour for ever. Amen.

(The Act of Consecration to the Sacred Heart is taken from the encyclical of Pope Leo XIII of May 25, 1899 and contains the additions made by the Sacred Congregation of Rites in October 1925).

CONSECRATION OF THE FAMILY TO THE DIVINE HEART OF JESUS

Divine Heart of Jesus, Thou promised that where two or three persons assemble in Thy name, Thou would be in their midst. Behold us here on our knees before Thy sacred image. With hearts filled with sentiments of fervent love, we thank Thee for Thine infinite goodness in having bestowed upon us numberless benefits for soul, and body.

O Divine King, through the Immaculate Heart of Mary, and under the powerful protection of St Joseph, we consecrate to Thee our entire family. Be the director of all our interests, and may our home, like that of Nazareth, be the abode of faith and charity, of labour and prayer, of order and domestic peace.

We consecrate to Thee, divine Heart of Jesus, all the adversities and occurrences of our family life, and beseech Thee to pour out upon us in abundant measure all Thy richest blessings. We commend ourselves forever to the protection of Thy divine Heart. Heart of Jesus, ocean of mercy and love, assist us at the hour of our death. Amen.

O SACRED HEART, BLESS OUR FAMILY

Prostrate before Thee, Lord Jesus Christ, we consecrate to Thy Sacred Heart ourselves and everything dear to us: our thoughts, words and actions; our sorrows, our hopes, our relatives and friends. We desire to belong entirely to Thee, to know all things, and to despise the pleasures, riches and honours of this world and everything which could be an obstacle in Thy service.

Sacred Heart of Jesus, teach us, by Thine example in the stable of Bethlehem and by Thy whole life, meekness and

humility. Teach us, by Thine agony and sufferings on the Cross, patience and resignation to the holy will of God. Teach us, in the mystery of the holy Eucharist, to admire Thy power, wisdom and love. Three hundred years ago Thou revealed to St Margaret Mary Thy desire to receive the special homage of Thy creatures. In obedience to that divine entreaty, behold us at Thy feet to consecrate to Thy service and love our hearts, our family and our home in a special manner.

Heart of Jesus, in the name of Mary and under the patronage of St Joseph we consecrate to Thee our whole household. Like Nazareth, may it always be a centre of faith, hope, charity and peace; a hive of prayer and true zeal for Thy glory. Guide our lives, direct our steps, and sustain us in all our ways. We earnestly consecrate to Thee all the trials, afflictions, joys and events of our domestic life.

We beseech Thee to pour Thy blessing upon every member of this family: those who are gathered here and those who are absent; those who are living and those who are dead. With confidence we entrust them all to Thee. If, among them, there be any who have lost Thy grace and grieved Thy loving Heart by sin, with deepest sorrow we now desire to offer reparation and implore forgiveness for them.

We beg Thy mercy and grace, also, for every family in the whole world. O Sacred Heart, shelter the cradle of the newborn babe; bless the child at school; guide the vocation of young men and women; sweeten the lot of the sufferer; support the aged; console the widow; be a Father to the orphan.

O Sacred Heart of Jesus, we entrust to Thee our own dear country and all those, who govern us.

O Jesus, source and infinite ocean of mercy, we beseech Thee assist us in the sufferings and agony of death. Unite us, then, still more closely to Thy Heart and to the Heart of Thine Immaculate Mother. Be our refuge and our place of rest; and when our souls have taken their flight to dwell for ever in Thy Sacred Heart, may we see again in heaven every member of this family which we now so earnestly and unitedly desire to consecrate without reserve to Thee. Amen.

ACT OF CONSECRATION FOR RELIGIOUS

(Suitable also for other persons)

My most loving Jesus, I consecrate myself today anew and without reserve to Thy divine Heart. I consecrate to Thee my body with all its senses, my soul with all its faculties: my whole being. I consecrate to Thee all my thoughts, words and actions; all my sufferings and labours; all my hopes, consolations and joys; and, above all, I consecrate to Thee my poor heart, that it may love only Thee and be consumed as a victim in the fire of Thy love. Accept, O Jesus, my most loving spouse, the desire that I have to console Thy divine Heart and to be yours for ever. Possess me in such a manner that henceforward I may have no other liberty than that of loving Thee, no other life than that of suffering and dying for Thee.

I place in Thee unlimited trust and I hope, from Thy infinite mercy, for the pardon of my sins. I place in Thy hands all my cares, especially that of my eternal salvation. I promise to love and honour Thee to the last moment of my life, and to propagate, with the help of Thy divine grace and as far as I am able, devotion to Thy Sacred Heart. Dispose of me, O divine Heart of Jesus, according to Thy pleasure; I desire no other recompense than Thy greater glory and Thy holy love.

Grant me the grace to find my dwelling place in Thy Sacred Heart where I desire to pass every day of my life and where I wish to breathe my last breath. Make my heart Thine abode, the place of Thy repose, so that we may remain intimately united until, finally, I may praise, love, and possess Thee for all eternity, singing for ever the infinite mercy of Thy Sacred Heart. Amen.

— Sister Mary of the Divine Heart

PRIVATE ACT OF CONSECRATION

I consecrate and surrender to the Sacred Heart of our Lord Jesus Christ, my person, my life, my difficulties and my sufferings, that I may henceforth live only for his love and glory. It is my firm and unwavering purpose to be his entirely, to do everything for his love and renounce wholeheartedly everything that could displease his divine Heart.

O Sacred Heart, I choose Thee as the sole object of my love, the protector of my life, the pledge of my salvation, the

support of my weakness and the atoner for all the sins of my whole life. O mild and bountiful Heart, be likewise my refuge at the hour of death, my justification before God, and ward off from me the penalty of his just wrath. O loving Heart, I place my trust entirely in Thee. While I fear everything from my own malice I hope everything from Thy goodness. Destroy in me whatever may displease Thee or be opposed to Thee, and let Thy pure love imprint Thee so deeply upon my heart that it will be impossible for me ever to forget Thee or be separated from Thee.

O Sacred Heart, by Thy goodness, I implore Thee, let my name be deeply engraved in Thee, for in Thy service and in Thy love I will live and die.

— St Margaret Mary Alacoque

LITANY OF THE SACRED HEART

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God, the Father in heaven, Have mercy on us.

God the Son, redeemer of the world,

God, the Holy Ghost,

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, infinite in 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, aflame with love for men,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, endless source of all virtues,

Heart of Jesus, worthy of all praise,

Heart of Jesus, King and centre of all hearts,

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 merciful,

Heart of Jesus, enriching all who invoke Thee,

Heart of Jesus, fountain of life and holiness,

Heart of Jesus, atonement for our sins,

Heart of Jesus, loaded down with opprobrium,

Heart of Jesus, bruised for our offences,

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 sin,
Heart of Jesus, salvation of those who trust in Thee,
Heart of Jesus, hope of those who die in Thee,
Heart of Jesus, delight of all the saints,
Lamb of God, who take away the sins of the world,
Spare us, O Lord.

Lamb of God, who take away the sins of the world,
Graciously hear us, O Lord.

Lamb of God, who take away the sins of the world,
Have mercy on us.

V. Jesus, meek and humble of heart,

R. Make our hearts like yours.

LET US PRAY

Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praise and satisfaction which he offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness grant forgiveness in the name of the same Jesus Christ, Thy Son, who lives and reigns with Thee for ever and ever. Amen.

THREE OFFERINGS OF THANKSGIVING

We offer to the most holy Trinity the merits of Jesus Christ, in thanksgiving for the precious Blood which he shed in the Garden for us, and through these merits we beseech his divine majesty to grant us the pardon of all our sins.

Our Father, Hail Mary and Glory be.

We offer to the most holy Trinity the merits of Jesus Christ in thanksgiving for his most precious death endured on the cross for us, and through these merits we beseech the divine majesty pardon of our sins.

Our Father, Hail Mary and Glory be.

We offer to the most holy Trinity the merits of Jesus Christ in thanksgiving for his unimaginable charity, by which he descended from heaven to earth to take human flesh, and to suffer and die for us on the cross, and by these merits we beseech his divine majesty to bring our souls to the glory of heaven after our death.

Our Father, Hail Mary and Glory be.

GREETING THE SACRED HEART

Once when St Mechtild was grieving over the thought that her whole life had been spent in a useless manner, our Lord said to her: "In order to make amends for what Thou have neglected, *greet my Heart!*" Our divine Saviour made a similar revelation to St Gertrude: "As often as a person greets me, I will greet him, and this will redound to his honour in heaven." St Clare greeted the Sacred Heart of Jesus daily, and received special graces each day.

When we have committed a fault, let us make an act of contrition and greet the Sacred Heart of Jesus. This divine Heart is ever ready to repair our offences. We should especially greet the heart of Jesus in the blessed Sacrament. St Mechtild ardently venerated the Sacred Heart of Jesus in the Holy Eucharist, and in return received from our Lord so many graces that in referring to them, she said: "Were I to write down all the graces I received from the loving Heart of Jesus, I would need a book thicker than the breviary."

Heart of my Jesus, save me!
Heart of my Creator, perfect me!
Heart of my Saviour, deliver me!
Heart of my Spouse, love me!
Heart of my Master, teach me!
Heart of my King, crown me!
Heart of my Benefactor, enrich me!
Heart of my Pastor, keep me!
Heart of my Friend, caress me!
Heart of the Infant Jesus, attract me!
Heart of Jesus dying on the cross, atone for me!
Heart of Jesus in all Thy conditions, give yourself to me!
Heart of my Brother, remain with me! Heart of incomparable goodness, forgive me!
Heart most amiable, inflame me!
Heart most glorious, shine forth in me!
Heart most charitable, work in me!
Heart most merciful, answer for me!
Heart most humble, repose in me!
Heart most patient, bear with me!
Heart most faithful, make satisfaction for me!
Heart most adorable and most worthy, bless me!
Heart most peaceful, calm me! Heart most desirable and most beautiful, delight me!
Heart most illustrious and most perfect, ennoble me!
Heart most holy and balm most precious, preserve and sanctify me!
Heart most holy and most salutary, reform me!
Heart most blessed, true physician and remedy for all ills, heal me!
Heart of Jesus, consolation of the afflicted, comfort me!
Heart of Jesus, ardent furnace burning with love, consume me!
Heart of Jesus, model of perfection, enlighten me!
Heart of Jesus, source of all happiness, strengthen me!
Heart of eternal benediction, call me to Thee! Amen

ACT OF REPARATION TO THE SACRED HEART

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.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed by the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

OFFERING OF THE BLOOD AND WATER THAT FLOWED FROM THE SIDE OF CHRIST

O Jesus, my dearest Saviour, through Thee I offer to Thine eternal Father the precious blood and water which flowed from Thy wounded Heart on the tree of the cross. Grant that this blood and water may be efficaciously applied to us and to all sinners. Cleanse, purify and sanctify all men in virtue of Thy merits. Grant, O Jesus, that we may enter into Thy most loving Heart and remain there for ever. Amen.

Eternal Father, accept the precious blood and water that flowed from the wound of the divine Heart of Jesus as a sacrifice of reparation for the necessities of holy Church and in atonement for the sins of men. Have mercy on us. Amen.

PRAYER TO THE SACRED HEART OF JESUS IN THE HOLY EUCHARIST

Behold, my most loving Jesus, to what an excess Thy boundless love has carried Thee. Of Thine own flesh and precious blood Thou have made ready for me a divine banquet so as to give me yourself completely. What was it that impelled Thee to this transport of love? Nothing else surely save Thy most loving Heart. O adorable Heart of my Jesus! O burning furnace of divine love! Within Thy most sacred wound receive my soul, that in that school of charity I may learn to requite the love of that God who has given me such wondrous proofs of his love. Amen.

PRAYER TO THE DIVINE HEART OF JESUS

O most holy Heart of Jesus, fountain of all good, I adore Thee, I love Thee. Deeply sorry for my sins I offer Thee my poor heart. Make it humble, patient, pure, and in all things conformed to Thy desires.

Grant, O good Jesus, that I may live in Thee and for Thee. Protect me in dangers, console me in affliction, give me health of body, assistance in my temporal needs, blessing in all my undertakings and the grace of a holy death. Amen

DAILY PRAYER OF ST GERTRUDE

Hail to Thee, most Sacred Heart of Jesus, living and life-giving source of eternal life, infinite treasure of the divinity, consuming furnace of divine love! You are my resting place and my city of refuge. My sweetest Saviour, inflame my heart with that burning love with which Thy Heart is consumed! Pour into my heart those precious graces which spring forth from Thy Heart as from their source. Unite my heart so intimately with yours that Thy will may be mine, and that mine may be ever in perfect accord with yours; for my only desire is that, in future, Thy most adorable will may be the rule of all my desires and actions. Amen.

OFFERING TO THE SACRED HEART

O Lord Jesus Christ, in union with that divine intention with which, on earth, Thou offered praise to God through Thy Sacred Heart and continue to offer now in all places in the sacrament of the Eucharist, and will do so to the end of the world, I most willingly offer Thee throughout this entire day, without the smallest exception, all my intentions and thoughts, all my affections and desires, all my words and actions, in imitation of the most pure heart of the Immaculate Virgin Mary.

PRAYER TO OBTAIN CONFORMITY TO THE SACRED HEART

O dearest Jesus, whose most amiable Heart excludes not even the greatest sinners when they turn to Thee, I beseech Thee to grant me and all penitent sinners a heart like yours; that is,

a humble heart, which even in the midst of temporal honours loves a hidden life, a life little esteemed by men;

a meek heart, which bears with everyone and seeks revenge upon no one;

a patient heart, which is resigned in adversity, and happy even in the most trying circumstances;

a peaceful heart, which is ever at peace with others and with itself;
a disinterested heart, which is always contented with what it has;
a heart which loves prayer and performs it often and cheerfully;
a heart whose only desire is that God may be known, honoured and loved by all creatures;
a heart which grieves for nothing except that God is offended; despises nothing but sin; wishes for nothing but the glory of God and its neighbour's salvation;
a pure heart, which in all things seeks God alone and desires only to please him;
a grateful heart, which acknowledges and esteems the benefits of God;
a strong heart, which is daunted by no evil, but bears all adversity for the love of God;
an open heart, liberal to the poor and compassionate towards the suffering souls in purgatory;
a well-ordered heart, whose joys and sorrows, desires and aversions, nay, whose every motion is regulated according to the divine will. Amen.

— St Clement Hofbauer

EFFICACIOUS LITTLE ACT OF CONSECRATION TO THE SACRED HEART

O amiable Heart of my Saviour, I adore Thee! O gracious Heart of my Jesus, I love Thee! O compassionate Heart, I give Thee my heart, and am deeply moved by all Thou have done and suffered for me. I give Thee my heart completely; affix it to Thy Heart eternally; inflame it with Thy love; inspire it with Thy sentiments; make it know Thy will and practise Thy virtues.

— Venerable Maria Lataate

ACT OF RESIGNATION FOR THE SICK OR AFFLICTED

Most benign Jesus, I accept willingly this sickness (*or this trial*) which it has pleased Thee to lay upon me as a token of the love of Thy fatherly Heart, and with the same love with which Thou have sent it, I offer it up to Thee in gratitude. Moreover, I confide all my pains to Thy Sacred Heart, beseeching Thee to unite them to Thy bitter sufferings, and thus perfect them by making them Thy own.

Since I cannot render Thee the praise due to Thee because of the multitude of my sorrows and afflictions, I beseech Thee to praise God the Father for all I suffer, with the same tribute of praise Thou offered him when Thy agony on the cross was at its height. As Thou thanked him with all the powers of Thy soul for all the sufferings and injustice which he willed Thou should endure, I pray Thee, give him thanks for all my trials also.

Animated by the same love wherewith Thou accepted all the wounds and indignities inflicted on Thee, offering them to Thy heavenly Father with profound gratitude, I pray Thee to offer my physical and spiritual sufferings to him also, in union with Thy most holy pains, to his eternal honour and glory. Amen.

Nihil Obstat: William Dougherty
Censor Deputatus

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Vicar General
