

PRAYER PROMPT

Devotion to the Sacred Heart of Jesus

In 1673, St. Margaret Mary Alacoque had visions of Jesus in her convent chapel in France. Jesus appeared with his heart fully visible—it was aflame, surrounded by a crown of thorns. He said, “Behold the heart that has so loved humanity.” Devotion to the Sacred Heart has since spread around the world. Here are four ways to grow in this devotion.

1. Observe the Solemnity of the Sacred Heart. In 1856, Pope Pius IX added the feast to the calendar on the Friday following the Corpus Christi Octave.

2. Offer your day to God through the Sacred Heart. *Pray: 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 blessing on all that I do and the grace of a holy death. Amen.*

3. Discover the 12 Promises of the Sacred Heart. Jesus left St. Margaret Mary these promises for those who venerate his Sacred Heart:

- i.** “I will give them all the graces necessary for their state of life.
- ii.** I will give peace in their families.
- iii.** I will console them in all their troubles.
- iv.** I will be their refuge in life and especially in death.
- v.** I will abundantly bless all their undertakings.
- vi.** Sinners shall find in my Heart the source and infinite ocean of mercy.
- vii.** Tepid souls shall become fervent.
- viii.** Fervent souls shall rise speedily to great perfection.
- ix.** I will bless those places wherein the image of my Sacred Heart shall be exposed and venerated.
- x.** I will give to priests the power to touch the most hardened hearts.
- xi.** Persons who propagate this devotion shall have their names eternally written in my Heart.
- xii.** In the excess of the mercy of my Heart, I promise you that my all-powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: They will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.”

4. Enthroned an image of the Sacred Heart. This prayer service invites Jesus into your home with a Sacred Heart image enshrined in a place of honor—a daily reminder of Jesus’ love for you and your love for him. Jesus said: “Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them” (John 14:23 NRSV-CE). To learn more, visit WelcomeHisHeart.com.

Watch a video, and download this resource at LivingFaith.com/prayer-prompt.