

An Hour With The Sacred Heart

Compiled By Reverend P. O'Mara, S.J.
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{PRAYERS to the Sacred Heart, approved of by the Church, and other prayers which seemed to appeal to devout lovers of the Sacred Heart during the Public Holy Hours at Saint Francis Xavier's, Gardiner Street, Dublin, constitute the contents of this little Book.}

PROMISES MADE BY OUR LORD JESUS CHRIST

To Saint Margaret Mary, in favour of those who practise and promote devotion to His Sacred Heart:

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life, and especially at the hour of death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes in which the image of My Sacred Heart shall be exposed and honoured.
10. I will give to priests the power to touch the most hardened hearts.
11. Those who propagate this devotion shall have their name written in My Heart, and it shall never be effaced.
12. I promise you, in the excess of the mercy of My Heart, that Its all-powerful love will grant to all those who receive Communion on the First Friday of every month, for nine consecutive months, the grace of final repentance, and that they shall not die under My displeasure, nor without receiving their Sacraments, and My Heart shall be their secure refuge at that last hour.

FIRST QUARTER:

FAITH, ADORATION, TRUST

WORDS OF THE SACRED HEART TO SAINT MARGARET MARY.

On June 6th, 1675:

“Behold this Heart which has so loved men that It has spared nothing to testify Its love for them, even to the exhausting and consuming Itself for their sakes; but in return I receive from the generality of men nothing but ingratitude, through the contempt, irreverences, sacrileges, and coldness with which I am treated in the Sacrament of My love...

“What, however, afflicts Me most is that those who are consecrated to Me do Me this wrong.”

“Let us, therefore love God: because God has first loved us”. (1 John 5:19).

My heart is tired, so tired tonight,
How endless seems the strife!
Day after day the restlessness
Of all this weary life!

I come to lay my burden down,
That so oppress me,
And, shutting all the world without,
To spend an hour with You, dear Lord,
To spend an hour with YOU.

(The source is not known to the compiler.)

PRAYER.

BEFORE THE PUBLIC HOLY HOUR.

O Lord Jesus Christ, Who has promised that wherever two or three shall be gathered together in Your Name You will be there in the midst of them, look down with compassion and mercy and love, upon us, who are now united before You in the lowliness of our hearts, to honour Your Sacred Heart, and in the desire to make It known and loved by all.

Stay in the midst of us, O sweet Jesus, and fill our hearts with Your blessings, and inflame them with Your love. Amen.

FAITH: Acts of Faith before the Blessed Sacrament.

O Heart of Jesus! Deign to grant me an increase of faith in You; a strong faith, to realise You; a loving faith, to appreciate You; a trusting faith, to turn to You in every want and every sorrow.

O Lord God of Glory, I believe in Your Word; I believe, Lord, help my unbelief.

I believe in Your presence on the Altar; I believe, Lord, help my unbelief.

Behind the whiteness of the Sacred Host, I see the most beautiful of the sons of men; I believe, Lord, help my unbelief.

I see Him in Whom the Father was well pleased; I believe, Lord, help my unbelief.

I see the Son of God and the Son of Mary; I believe, Lord, help my unbelief.

I see Jesus of the Loving Heart, whose love for us was unrequited. I believe, Lord, help my unbelief.

I see the Man of Sorrows; I believe, Lord, help my unbelief.

Who sweated blood for me. I believe, Lord, help my unbelief.

Who was scourged, and crowned, and mocked for me, I believe, Lord, help my unbelief.
Who was unjustly crucified, as if He were an imposter; I believe, Lord, help my unbelief.

I see the King of Majesty and Glory; I believe, Lord, help my unbelief.
O God of Truth, I believe, Lord, help my unbelief.

I believe in Your promise to help me, when I come to You in labour and heavy-burdened; I believe, Lord, help my unbelief.

I believe, O God, in Your Heart's love, I believe, Lord, help my unbelief.
in Its prodigal, mysterious love, I believe, Lord, help my unbelief.
in Its mother-like, merciful love, I believe, Lord, help my unbelief.
in Its individual, infinite, God-like love, I believe, Lord, help my unbelief.
in Its wistful, unrequited love, I believe, Lord, help my unbelief.
in the burning love of Your Sacred Heart, I believe, Lord, help my unbelief.

LET US PRAY.

Dearest Lord and Master, I believe in the love of Your Sacred Heart, and would fain cherish It and honour It, as It deserves. I believe, even as Saint Peter and the Apostles believed, and like them I cry to You; "Lord, to whom shall we go but to You. You have the words of eternal life. For we have known that You are the Christ, the Son of God".

Lord, I believe: help my unbelief!

ASPIRATION.

Blessed and praised every moment be the most Holy and most Divine Sacrament.

ADORATION.

A Litany of Adoration.

Jesus, Son of the Living God, O Jesus, my God, I adore You in the Sacrament of Your love.

God of ages, O Jesus, my God, I adore You in the Sacrament of Your love.

God of glory, O Jesus, my God, I adore You in the Sacrament of Your love.

God of pity, O Jesus, my God, I adore You in the Sacrament of Your love.

God of mercy, O Jesus, my God, I adore You in the Sacrament of Your love.

O Holy God, O Jesus, my God, I adore You in the Sacrament of Your love.

O God, Most Beautiful and Priceless One, O Jesus, my God, I adore You in the Sacrament of Your love.

O God, Most Glorious Uncreated One, O Jesus, my God, I adore You in the Sacrament of Your love.

O God, Eternal Beatific One, O Jesus, my God, I adore You in the Sacrament of Your love.

O God, O Infinite and Hidden One, O Jesus, my God, I adore You in the Sacrament of Your love.

O God Immense, O God the Living One, O Jesus, my God, I adore You in the Sacrament of Your love.

You Wisdom of the Everlasting One, O Jesus, my God, I adore You in the Sacrament of Your love.

You ever Loved and ever Loving One, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, God of Majesty, Jesus, King of Glory, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, Meek and Humble, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, God of the poor and lowly, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, God of the sorrowful, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, God of the lonely, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, God of all the living, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, our Lord, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, our Judge, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, our Redeemer, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, Son of Mary, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus, of the Loving Heart, O Jesus, my God, I adore You in the Sacrament of Your love.

Jesus of the Unrequited Love, O Jesus, my God, I adore You in the Sacrament of Your love.

PRAYER.

Make me, O Holy God, Your treasured one;

Make me, O Glorious Love, Your precious one;

Make me, O Highest Good, Your longing one;

Make me, O Blessed Light, Your chosen one;

Make me, for evermore, Your loving one.

Act of Adoration.

O Jesus, humbly kneeling in Your presence, and united with all the faithful on earth and the Saints in Heaven, I adore You, true God and true man, here present in the Holy Eucharist.

Grateful even to the very depth of my soul, I love You with my whole heart, O Jesus, Who are infinitely perfect and infinitely lovable.

Enrich me with Your grace, so that I may never in any way offend You; and thus strengthened here on earth by Your Eucharistic Presence, may I merit to enjoy with Mary Your eternal and blessed presence in Heaven.

TRUST AND RESIGNATION.

May God's Holy Will be Done.

(Imitation of Christ, Book III, Chapter 17.)

If You will have me to be in darkness, be You blessed; if You will have me be in light, be You blessed again.

If You vouchsafe to comfort me, be You blessed; and if it be Your will that I be afflicted, be You always equally blessed.

Keep me from all sin, and I will fear neither death nor hell... So only You cast me not off for ever, nor blot me out of the book of life, no tribulation that ever befalls me will hurt, because in all things and always I place my trust in You, O Sacred Heart of Jesus.

Act of Resignation.

My God, I thank You for what You give, I thank You for what You withhold, and for what You take away I thank You.

May Your most holy and blessed Will be done by me, and through me and mine, always and at all times, for ever. Amen.

Prayer to do the Will of God.

(Imitation, Book III, Chapter 15.)

Grant me, Most Kind Jesus, Your grace, that it may abide with me, and labour with me, and persevere with me, to the end.

Grant me ever to will and to desire that which is most acceptable to You, and which pleases You best.

May Your will be mine, and let my will always follow Yours, and agree perfectly with it.

Let me always will, and not will, the same with You; and let me not be able to will, or not to will, otherwise than as You will or not will.

Blessed are the Dead who Die in the Lord!

O my God, I must surely die, but know not when or how or where. This alone I know; that if I die in mortal sin I shall be lost for ever.

Most holy Virgin Mary, Holy Mother of God, pray for me a sinner, now and at the hour of my death. Amen.

ASPIRATION.

May the most just, the most high, the most lovable Will of God be in all things done, praised, and magnified for ever.

My Lord God, even now, resignedly, and willingly, I accept at Your hand, with all its anxieties, pains, and sufferings, whatever kind of death it shall please You to be mine. Amen.

Act of Confidence.

(Saint Margaret Mary.)

O Heart of Jesus, I place all my trust in You: for though I fear all things from my own weakness, I hope for all things from Your mercy.

Act of Trust.

I believe in Your knowledge of my weakness. I believe in Your omnipotent power, and I believe in Your Love; and therefore, O Sacred Heart of Jesus, I hope and trust in You.

Act of Confidence in God.

(By the Blessed [now Saint] Father, Claude de la Colombiere, S.J.)

O sweet and tender Providence of my God; into Your Hands I commend my spirit; to You I abandon my hopes and fears, my desires and repugnances, my temporal and eternal prospects. To You I commit the wants of my perishable body; to You I commit the more precious interests of my immortal soul. Though my faults are many, my misery great, my spiritual poverty extreme, my hope in You surpasses all.

Though temptations should assail me, I will hope in You; though I should break my resolutions, I will look to You confidently for grace to keep them at last. Though You should kill me, even then I will trust in You; for You are my Father, my God, the support of my salvation. You are my kind, my tender and indulgent Parent, and I am Your loving child. I put my trust in You, and so trusting, shall not be confounded. Amen.

Prayer for Conformity to the Will of God.

O Lord Almighty, Who permits evil, to draw good there-from, hear our humble prayers, and grant that we remain faithful to You unto death. Grant us also, through the intercession of most holy Mary, the strength ever to conform ourselves to Your most holy Will.

FEAR NOT!

Christ speaks:

Come unto Me and fear not!
Have I not sighed for you —
Wept for you — died for you? O soul!

Do I not live for you? Fear not.
Do I not watch o'er you?
Do I not heed you?

Do you not cling to Me
Cry to Me — need Me? Fear not.

Mine Eye is upon you —
My arms around you
To keep you and guard you
Now that I've found you. Fear not.

Trust in Me. Call to Me!
I am so near to you!

Your God and your Father
Ah, how can you fear Me? Fear not.

(Source not known to the compiler.)

SECOND QUARTER:

PETITIONS.

“Those who promote Devotion to the Sacred Heart shall have their names written in that Divine Heart, never to be effaced...”

“He will never allow them to perish, He will be their assured refuge against all the snares of their enemies, and He will receive them lovingly unto His Heart, making their salvation sure.”

(From the Writings of Saint Margaret Mary.)

THE ANSWER IS SURE!

The time may be delayed, the manner unexpected, but the Answer is sure to come. Not a tear of sacred sorrow, not a breath of holy desire, poured out in prayer to God will be lost.

Prayer of Petition.

Jesus, my Lord God, You have promised that “anything we ask the Father in Your name He will give”. Relying on this promise, the promise of the God of Truth, we ask our Heavenly Father today for what we want. We ask it in the name of You, His only begotten Son, Jesus Christ, and the only condition we make is that it be for our good and Your glory.

(Here mention what you most desire. Pray especially for the grace of a happy death.)

Prayer for Vocations.

Dear Lord, the fields are white with the harvest and the labourers are very few. We beseech You to inspire young men with Zeal to labour for You, and Courage to deny themselves for You, and a Love that will lead them to leave home and father and mother for Your name’s sake.

Sacred Heart of Jesus, send labourers to gather the Harvest!

ASPIRATION.

O Lord, send holy priests and fervent religious to Your Church.

A Prayer for Priests.

O Jesus, eternal Priest, keep Your holy ones within the shelter of Your Sacred Heart, where none may harm them. Keep unstained their anointed hands, which daily touch Your Sacred Body. Keep unsullied their lips, purpled with Your Precious Blood. Keep, pure and unearthly their hearts sealed with the sublime marks of Your glorious priesthood.

Bless their labours with abundant fruit, and may they to whom they have ministered be here below their joy and consolation, and in Heaven their everlasting crown. Amen.

- “I will give Priests the Power to touch the most hardened hearts.”

(Promise of the Sacred Heart.)

- The Promises of the Sacred Heart mentioned on these pages were revealed to Saint Margaret Mary in favour of those who practise and promote Devotion to the Sacred Heart.

For the Necessary Graces.

You know, O God, my weakness, that I am poor and destitute, that I cannot do, nor even think of any good without You.

Arise up then to help me; strengthen me with Your grace, that I may fervently execute what I have firmly resolved, and not only avoid all the evil You forbid, but also perform all the good You command, through Jesus Christ, our Lord. Amen.

“I will give them all the graces necessary for their state in life.”

(Promise of the Sacred Heart.)

For Benefactors.

Vouchsafe, O Lord, to reward with eternal life all those who do us good, for Your Name’s sake. Amen.

Prayer for Mercy.

O Heart of Jesus, full of tenderest love and mercy for repentant sinners, we turn to You, as to an infinite ocean of mercy, for the forgiveness of our many and heinous sins.

Stand between us and the justice of our Heavenly Father, that in You and through You we may find in life, in death, and at the judgment seat, the mercy You have purchased for us with Your life-blood on the Hill of Calvary. Amen.

(Rev. Joseph McDonnell, S.J.)

“Sinners shall find in My Heart the source and infinite ocean of Mercy.”

(Promise of the Sacred Heart.)

O Jesus in the Blessed Sacrament, have mercy on us.

Sweetest Jesus, be to me not a judge but a Saviour.

Prayer for Peace.

O Heart of Jesus, Who did say of old to Your Apostles, “My peace I leave you, My peace I give unto you”, give to us and to our families that “peace which the world cannot give”, that, sheltered from the storms that wreck so many homes, our families may live in peace, the “peace of God which passes understanding”.

Give us peace, O Heart of Jesus, in our hearts, in our families, and in our homes. Amen.

(Rev. Joseph McDonnell, S.J.)

“I will give Peace in their families.”

(Promise of the Sacred Heart.)

Prayer in Troubles and Afflictions.

O Heart of Jesus, riven with most bitter anguish in the Garden, and later, on the Cross on Calvary, come to my assistance when the waters of tribulation are let loose upon my soul.

When bitterness and disappointment fill my heart, when my mind is anguished or my body racked with pain, when my afflictions are almost more than I can bear, O then, dear Heart of Jesus, comfort and strengthen my poor lonely soul, and fill my heart with hope. Amen.

(Rev. Joseph McDonnell, S.J.)

“I will console them in all their troubles and afflictions.”

(Promise of the Sacred Heart.)

Prayer for the Conversion of Sinners.

O Lord Jesus, most merciful Saviour of the world, we beg and beseech You, through Your most Sacred Heart, that all wandering sheep may now return to You, the Shepherd and Bishop of their souls. We ask this of You Who lives with God the Father and the Holy Spirit; one God for ever and ever. Amen

Prayer for All the Living and Dead.

O Most Sacred Heart of Jesus, pour down Your blessings abundantly upon Your Church, upon the Supreme Pontiff and upon all the Clergy. Give perseverance to the just, convert sinners; enlighten unbelievers; bless our parents, friends and benefactors; help the dying; free the souls in Purgatory, and extend over all hearts the sweet empire of Your love.

The Great Request.

One special grace I ask of You, dear Heart of Jesus: the grace of a happy death.

If You give me this grace, I shall be indifferent as to what You do with me. Send me trials, disappointments, failure, misfortune, ill-health, the loss of my dearest friend, but in return, give me the grace of a happy death, and I shall be well content. Amen.

“They shall find in My Heart an assured refuge during life, and especially at the hour of death.”

(Promise of the Sacred Heart.)

Prayer for Myself.

My Lord and my God, You have created me for Yourself: grant that I may realise that my true happiness lies in doing Your Holy Will. Grant, too, that I may labour unto the end for Your greater honour and glory. I beseech You also to allow no one to be damned through any word or act of mine.

Jesus, meek and humble of Heart, make my heart like unto Yours.

Prayer for Friends.

Dear Jesus, I commend my friends to You (especially {here name them}). Bless them, dear Lord. Give them grace to love and serve You always. Assist them to bear their trials. Help them in their temporal needs. Grant that we may be all united with You in Heaven.

...”I will pour abundant blessings on all their undertakings.”

(Promise of the Sacred Heart.)

Prayer for Enemies.

If I have enemies, change their hearts towards me. I forgive them; and I beseech You, O Heart of Jesus, to pardon them the evil they have done, and to draw them to follow You.

Prayer for all Present.

Sweet Heart of our God, deign to grant us all the grace to know You more clearly, to love You more dearly, and to follow You more nearly.

Bless, prosper, and protect us, and all dear to us, always; and give us a priest in our last hour.

“No one who is truly devout to the Sacred Heart will ever be lost.”

(Promise of the Sacred Heart.)

Prayer to the Sacred Heart.

O Most Sacred Heart of Jesus! O fount of every good! I adore You, I love You, and I repent sincerely of my sins.

I offer You my poor heart. Do You make it humble, patient, pure and in all things conformed to Your will. Grant that I may live in You, and die for You. Protect me in dangers, console me in afflictions! Grant me health of body, succour in my temporal needs, Your blessing upon all my works, and the grace of a happy death.

[Blessed John Henry] Cardinal Newman’s Prayer.

May God support us all the day long, till the shades lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done! Then in His mercy, may He give us a safe lodging and a holy rest, and peace at the last!

Prayer for the Little Ones.

O Jesus, Friend of the little ones, bless the children of the whole world.

Petition for Living and Dead.

O Divine Heart of Jesus, grant, we beseech You, eternal rest to the souls in Purgatory, the final grace of perseverance to those who shall die this day, true repentance to sinners, the light of faith to pagans, and Your blessing to me and mine.

To You, most compassionate Heart of Jesus, I commend all these souls, and I offer to You on their behalf, all the merits of Your most Holy Mother and of all saints and angels, and all the Sacrifices of the Holy Mass, and the Communions, prayers, good works, which shall be accomplished today throughout the Christian world.

Prayer for those in their Agony.

O most merciful Jesus, Lover of souls, I pray You by the Agony of Your most Sacred Heart, and by the sorrows of Your Immaculate Mother, to cleanse in Your Blood the sinners of the whole world who are now in their agony, and who are about to die this day.

Heart of Jesus, once in agony, have mercy on the dying.

EJACULATION.

O God, You are all powerful, make me holy.

Saint Alphonsus Liguori.

Prayer for a Happy Death.

(Cardinal [Blessed John Henry] Newman.)

O my Lord and Saviour, support me in my last hour by the strong arms of Your Sacraments and the fragrance of Your consolations.

Let Your absolving words be said over me, and Your Holy Oil sign and seal me; and let Your Body be my food, and Your Blood my sprinkling; and let Your Holy Mother Mary come to me, and my Angel whisper peace to me, and Your glorious saints and my own dear patrons smile on me, that in and through them all, I may die as I desire to live, in Your Church, in Your Faith, and in Your Love. Amen.

The Church's Prayers for the Dead.

O God, the Creator and Redeemer of all the faithful, give to the souls of Your servants departed the remission of all their sins, that through pious supplications they may obtain the pardon they have always desired, from You Who live and reign in a world without end. Amen.

Eternal rest grant to them, O Lord,

And may perpetual light shine upon them, And may they rest in peace. Amen.

And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

We beseech You, O Lord, to help the souls in Purgatory whom You have redeemed with Your Precious Blood.

Dear Lord Jesus, give them (or him, or her) eternal rest.

ASPIRATION.

Divine Heart of Jesus, convert sinners, save the dying, and set free the Holy Souls in Purgatory.

THIRD QUARTER:

ATONEMENT.

“The ingratitude of men afflicts Me more than all I suffered in My Passion. If they did in some measure requite My love, I should count as nothing all I did for them, and if possible, I would suffer still more for them; but they have nothing but coldness and rebuffs in return for all My eagerness to do them good...

“This love, forgotten and unregarded, asks for reparation.

“Do you, at least, make Me atonement for men’s ingratitude as far as you are able.”

(Words spoken by the Sacred Heart to Saint Margaret Mary.)

Christ in the Tabernacle.

I have not seen your face today.

Where were you?

A hundred others came to pray.

Where were you?

From out My ‘prison’ I have gazed
At thousands who have, kneeling, praised.

I wanted you.

I wanted you — you did not come.
Where were you?

I waited there, in silence dumb.
Where were you?

Ah! Could you not one moment spare,
Ah! Surely you a little care!

I wanted you.

You had not time — Ah! So you said.
Where were you?

While My sad Heart in silence bled,
Where were you?

Among your friends long hours you spent
While I — My loving Heart was rent
In solitude.

I do not like to be alone,
I want you:

Much more than all the friends you own,
I want you.

Tomorrow, you will surely come,
Remember, I am helpless, dumb —
Uncomforted.

Act of Contrition from the Irish.

O God, forgive me for all the sins of my life:
The sins of my youth and the sins of my age,
The sins of my body and the sins of my soul,
The sins I have confessed and the sins I have forgotten,
My sins against others in thought, word and deed,
My sins of omission.

Oh, my God, I am very sorry for all my sins because You are so good: and I will not sin again with the help of God.

God be merciful to me, a sinner!

Acts of Sorrow.

For my share in Your Agony and Bloody Sweat in the Garden, I am sorry, O Jesus.

For my share in Your Crucifixion, I am sorry, O Jesus.

For my want of sympathy with You and Your Blessed Mother, I am sorry, O Jesus.

For my luke-warmness in Holy Communion, I am sorry, O Jesus.

For my neglect of Holy Mass, I am sorry, O Jesus.

For my irreverence in the church, I am sorry, O Jesus.

For all my ingratitude, I am sorry, O Jesus.

For my want of perfect trust, I am sorry, O Jesus.

For my indifference to Your wonderful love, I am sorry, O Jesus.

For our sins of dishonesty, Forgive us, O Jesus.

For our sins of uncharitableness, Forgive us, O Jesus.

For our sins of drink, Forgive us, O Jesus.

For our sins of sacrilege, Forgive us, O Jesus.

For our sins of lust, Forgive us, O Jesus.

For all the outrages committed against You, Forgive us, O Jesus.

I love You, my Jesus, my love above all things, I repent with my whole heart for having offended You. Never permit me to be separated from You again. Grant that I may love You always, and then do with me what You will.

Act of Amendment.

O Jesus of the Loving Heart, what can I do to make amends to Your unrequited Love? How can I repair the neglect and ingratitude of the misspent years? Deign to show me what You desire of me. (Pause a moment, listen to Jesus; He will tell you what He wishes of you.)

I am weak and changeable, O Loving Jesus, but my heart is ready, and I beg You to accept my sincere desire to atone for the past and to make some return for all Your tender mercies.

Act of Oblation, to be made before a Representation of the Sacred Heart.

My loving Jesus, out of the grateful love I bear You, and to make reparation for my unfaithfulness to grace, I (recite your name) give You my heart, and I consecrate myself wholly to You; and with Your help I purpose never to sin again.

ACT OF ATONEMENT.

O Jesus of the Loving Heart, we wish to make atonement for all our own ingratitude and, for the black ingratitude of mankind.

And we purpose for the future:

to keep Your commandments better,
to please You more,
to serve You always,
and never to lose heart.

We purpose for the future:

to avoid all sin as well as we can,
to pray when we are tempted,
to keep out of the occasions of sin,
and never to lose heart.

We purpose for the future:

to spread devotion to Your Sacred Heart,
as well as we can, and never to lose heart;
to help others by our good example,
and not to lead others into sin.

We purpose for the future:

to frequent the Sacraments regularly,
to visit You in the church very often,
and to receive You in Holy Communion
with loving homage.

But through all, and in spite of all, we purpose never to lose heart:
in spite of our broken promises and imperfect service,
in spite of our sins of wantonness and passion,
in spite of the dishonour we have done You in the Sacrament of Your love,
we firmly purpose never to lose heart;
but always to have an unshaken confidence in Your patience with our weakness,
in Your mercy, and in Your love. Amen.

Act of Reparation.

(After Saint Gertrude.)

O Jesus of the Loving Heart, I give You thanks and bless You by the hearts of all rational beings, in reparation for all the blasphemies, for all the outrages; heaped upon You here on earth.

I bless You for every tear, for every sigh, for every sorrow You endured.

I bless You for every drop of Blood You shed in Your Passion, for every blow You got, for every grief You felt.

I bless You for every step You took along that road of suffering, for every time Your strength gave out.

I bless You for every act of virtue You performed in our behalf, for every longing You felt for our salvation, for every look of love You cast upon Your Blessed Mother and Your friends.

I bless You for every wound inflicted on You by the cruel scourges, for every thorn that pierced Your brow, for every time Your Sacred and Adorable Face was spat upon... for all these I bless and praise You.

All these blessings, multiplied a thousand-fold, I now offer You, my Saviour, and would fain renew them every instant of my life. Amen.

PRAYERS FOR SINNERS.

“This Divine Heart is an inexhaustible fountain from which three streams flow unceasingly. The first of these is mercy for sinners in whom the spirit of contrition and penance is excited.”

(Letters of Saint Margaret Mary, III.)

“In revealing the goodness of His Heart, He wished to draw men from the abyss of perdition by appeasing the wrath of God and calling aloud for mercy on the sinner.”

(Life of Saint Margaret Mary.)

PRAYER AT THE PUBLIC HOLY HOUR.

O Lord, who came to call not the just but sinners to repentance, touch the hearts of sinners with Your grace, and bring them back in true repentance to Your feet.

Spare, O Lord, spare Your people, and be not angry with them for ever.

Spare, O Lord, spare Your people, and be not angry with them for ever.

Spare, O Lord, spare Your people, and be not angry with them for ever.

By Your Agony and Bloody Sweat, O Jesus of the Loving Heart, have mercy.

By the mockeries and humiliations of Your Passion, O Jesus of the Loving Heart, have mercy.

By Your Scourging, O Jesus of the Loving Heart, have mercy.

By Your Crowning with Thorns, O Jesus of the Loving Heart, have mercy.

By Your carrying of the Cross, O Jesus of the Loving Heart, have mercy.

By Your terrible loneliness, O Jesus of the Loving Heart, have mercy.

By Your bitter death, O Jesus of the Loving Heart, have mercy.

By Your Mother’s sorrow, O Jesus of the Loving Heart, have mercy.

By Your love for sinners, O Jesus of the Loving Heart, have mercy.

O Father of Heaven, we beseech You not to allow Your Beloved Son’s Blood to be spilled in vain but to hearken to His prayer for sinful men: “Father forgive them, for they know not what they do”.

Spare, O Lord, spare Your people, and be not angry with them for ever.

Spare, O Lord, spare Your people, and be not angry with them for ever.

Spare, O Lord, spare Your people, and be not angry with them for ever.

(Here say three Hail Marys for the conversion of sinners.)

Holy Mary, Pray for us sinners.

Holy Mother of God, Pray for us sinners.

Mother of Christ, Pray for us sinners.

Refuge of sinners, Pray for us sinners.

LET US PRAY.

O God, Who has said: “I will not the death of the sinner, but rather that he be converted and live” graciously accept the prayers, Masses, and Holy Communions of Your faithful people, and grant the conversion and perseverance in grace of every sinner, through Jesus Christ our Lord. Amen.

Aspirations.

O God, I offer You all the Masses that will be celebrated this day throughout the world, for sinners in their agony, and for those who are to die today.

May the Precious Blood of Jesus obtain for them Mercy.

FOURTH QUARTER:

LOVE AND CONSECRATION.

“I am consumed by a burning thirst to be loved by men in the Blessed Sacrament; but I find scarcely anyone who is inclined to fulfil My desire, and to make Me a return of love...

“If you did know how I thirst to be loved by men, you would spare nothing that this might be accomplished.”...

“I thirst with the desire of being loved”.

(Revelations of the Sacred Heart to Saint Margaret Mary.)

HOW? and WHY?

You ask me how I gave
My heart to Christ.
I do not know.

There came a yearning for Him
In my soul — so long ago.

I found earth’s flowerlets
Would fade and die —
I wept for something
That could satisfy:

And then, and there — somehow
I seemed to dare
To lift my broken heart
To Him in prayer
I do not know.

I cannot tell you how;
I only know
He is my Saviour now.

You ask me why I thought
This loving Christ
Would hear my prayer.

I knew He died upon the cross
For me; I nailed Him there,

I heard His dying cry:
“Father forgive!”

I saw Him drink death’s cup
That I might live.

My head was bowed
Upon my breast — in shame.

He called me,
And in penitence, I came.

He heard my prayer,
I cannot tell you how,
Nor when — nor where,
Why — I have told you now.

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

Litany for the Love of the Sacred Heart.

Jesus in the Most Adorable Sacrament, Inflame my heart with love of You.

Jesus of the Loving Heart, Inflame my heart with love of You.

Sacred Heart of my Friend, Inflame my heart with love of You.

Heart of my Saviour, Inflame my heart with love of You.

Heart of my God, Inflame my heart with love of You.

Heart of the unrequited love, Inflame my heart with love of You.

Heart of the wistful love, Inflame my heart with love of You.

Because of Your infinite loveliness, Inflame my heart with love of You.

Because of Your sweetness and meekness, Inflame my heart with love of You.

Because of Your goodness and mercy, Inflame my heart with love of You.

Because You know all about me, and like me all the same, Inflame my heart with love of You.

Because You have done so much for me, Inflame my heart with love of You.

Because You ask so little in return, Inflame my heart with love of You.

Because of my past ingratitude, Inflame my heart with love of You.

Because Your love has met with coldness and rebuffs, Inflame my heart with love of You.

Because You were wounded by my iniquities, Inflame my heart with love of You.

For the gift of Your Body and Blood, Inflame my heart with love of You.

For Your loving desire to be united to me, Inflame my heart with love of You.

For Your wonderful condescension, Inflame my heart with love of You.

For the graces and blessings You shower on me, Inflame my heart with love of You.

In spite of my insincerity and selfishness, Inflame my heart with love of You.

In spite of my coldness and fickleness, Inflame my heart with love of You.

In spite of my worthlessness, Inflame my heart with love of You.

Heart of Jesus, burning with love of me, Inflame my heart with love of You.

LET US PRAY.

O Jesus of the Loving Heart, inflame my heart with love of You, so that I may love You in all, and through all and above all, and in spite of all. Help me to return love for love, so that my whole life may make reparation to the unrequited love of Your Sacred Heart. Amen.

Prayer for Generosity.

Dearest Lord, teach me to be generous. Teach me to serve You as You deserve.
To give and not to count the cost.
To fight and not to heed the wounds.
To toil and not to ask for rest.
To labour and not to seek reward, save that of feeling that I do Your will.

Aspirations.

My God, grant that I may love You, and as the sole reward of my love, grant that I may ever love You more and more.

Sweet Heart of Jesus, be You my love.

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

Glory, love, and gratitude, be to You, O Heart of Jesus.

O Sacred Heart of Jesus, be You known, be You loved, be You imitated.

SPIRITUAL COMMUNION.

My heart is ready, O my Jesus, to receive You. Enter, and stay with me, for the day is far spent. Tribulation draws nigh and there is none to help, but if You are with me, I shall not fear.

My Jesus, I love You with my whole heart, and I wish to live always united to You. As I cannot now receive You sacramentally, I receive You in spirit. Come then into my soul: come, O God of my heart; come and remain always with me.

O my Jesus, living in the Blessed Eucharist, come and live in my soul; reign over all my faculties; so that I may be able to say with Your Apostle: "I live, yet not I, but Christ lives in me".

OBLATION. The "Sume et Suscipe" (Take and Receive) of Saint Ignatius.

Take, O Lord, and receive my whole liberty, my memory, my understanding, and my will. Whatever I have and possess, You have given me. To You, O Lord, I restore them. They are all Yours; dispose of them according to Your will. Give me only Your love and Your grace, and that is enough for me.

"He asked me, after Holy Communion, to repeat the Sacrifice to Him that I had already made of my liberty and my whole being."

(Saint Margaret Mary, "Memoir," Volume 11.)

Night Offering to Jesus in the Blessed Sacrament.

O Divine Jesus, alone tonight in so many tabernacles, without a visitor or worshipper, I offer You my lonely heart. May its every pulsation be a prayer of love to You.

You are ever watching under the sacramental veils; in Your love, You never sleep, and You are never weary of Your vigil for sinners.

O Sweet Jesus, O Holy Jesus! May my heart be a lamp, the light of which shall burn for You alone.

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Yours.

THE MORNING OFFERING.

O Jesus, through the most pure Heart of Mary, I offer You the prayers, works, joys and sufferings of this day for all the intentions of Your Divine Heart.

Act of Consecration of Oneself to the Sacred Heart. (See the important 'Note' that follows.)

My most beloved Jesus, I consecrate myself again today and without reserve to Your Divine Heart.

Note: PROMISE OF SALVATION REVEALED TO SAINT MARGARET MARY.

"He then assured me that the pleasure He takes in being loved, known, and honoured by His creatures is so great, that He promised me that no one who has specially dedicated and consecrated himself to Him will ever perish."

I consecrate to You my body, with all its senses, my soul with all its faculties, and my whole being entirely.

I consecrate to You all my thoughts, words and actions, all my sufferings and labours, all my hopes and all my joys; and above all I consecrate to You my poor heart, in order that it may love only You, and may be consumed as a victim in the fire of Your love.

Accept, O Jesus, my most sweet spouse, the desire that I have to console Your Divine Heart, and to be Yours for ever.

Take possession of me in such a manner, that from henceforth I may have no other liberty than that of loving You, nor other life than that of suffering and of dying for You.

I place in You unlimited trust, and hope from Your infinite mercy for the pardon of all my sins, I place in Your hands all my cares, especially that of my eternal salvation.

I promise to love You and to honour You to the last moment of my life, and to propagate, as much as I am able, devotion to Your Sacred Heart.

Dispose of me according to Your good pleasure. I have no other award than Your greater glory and Your holy love.

Grant me the grace to set up my dwelling place in Your Divine Heart, where I desire to pass every day of my life, and where I desire to breathe my last breath.

Set up in my heart Your abode, the chosen spot for Your repose, so that we may remain ever closely united; thus may I one day be able to praise, love, and possess You for all eternity on high in Heaven, where I will sing for ever the infinite mercy of Your most Sacred Heart.

A Short Act of Consecration.

Heart of my God, I consecrate myself and all I love to You.

Give us, O sweet and loving Heart, a great love of You, and a zeal for all that concerns You, so that we may labour for Your glory and serve You well.

O Jesus of the Loving Heart, guard us from evil and cherish us as Your own until the time comes to go to You for ever. Amen.

A Prayer to the Sacred Heart.

O Heart of Jesus! Deign to grant me an increase of faith in You; a strong faith, to realise You; a loving faith, to appreciate You; a trusting faith, to turn to You in every want and every sorrow.

O Loving Heart, I commend to You my thoughts, words, and works, that You may inspire and guide them; my affections, intentions, and desires, that You may purify and direct them; my dearly-bought soul, that You may sanctify and save it; my last sigh, that You may receive it united to Your own. Amen.

Consecration of Homes to the Sacred Heart.

Humbly kneeling at Your feet, loving Heart of our God, we consecrate our home and every one in it and all its interests to You.

We beseech You to bless us one and all, and to keep us in Your love. Prosper our undertakings as far as it is for our good and for Your glory; comfort us in our afflictions; fill our hearts with Your peace, and guard us from every kind of evil.

May our lives honour You, and may death find us unafraid. Amen.

ACT OF CONSECRATION OF FAMILIES TO THE SACRED HEART.

Sacred Heart of Jesus, Who did manifest to Saint Margaret Mary the desire of reigning in Christian Families, we today wish to proclaim Your most complete regal dominion over our own. We would live in future with Your life, we would cause to flourish in our midst those virtues to which You have promised peace here below, we would banish far from us the spirit of the world which You have cursed; and You shall reign over our minds in the simplicity of faith, and over our hearts by the whole-hearted love with which they shall burn for You, the flame of which we shall keep alive by the frequent reception of Your divine Eucharist.

Deign, O Divine Heart, to preside over our assemblings, to bless our enterprises, both spiritual and temporal, to dispel our cares, to sanctify our joys, to alleviate our sufferings. If ever one or other of us should have the misfortune to afflict You, remind him, O Heart of Jesus, that You are good and merciful to the penitent sinner.

And when the hour of separation strikes, when death shall come to cast mourning into our midst, we will all, both those who go and those who stay, be submissive to Your eternal decrees. We will console ourselves with the thought that a day will come when the entire family, reunited in Heaven, can sing for ever Your glories and Your mercies.

May the Immaculate Heart of Mary, and the glorious Patriarch, Saint Joseph, present this consecration to You, and keep it in our minds all the days of our life. All glory to the Heart of Jesus, our King and our Father.

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