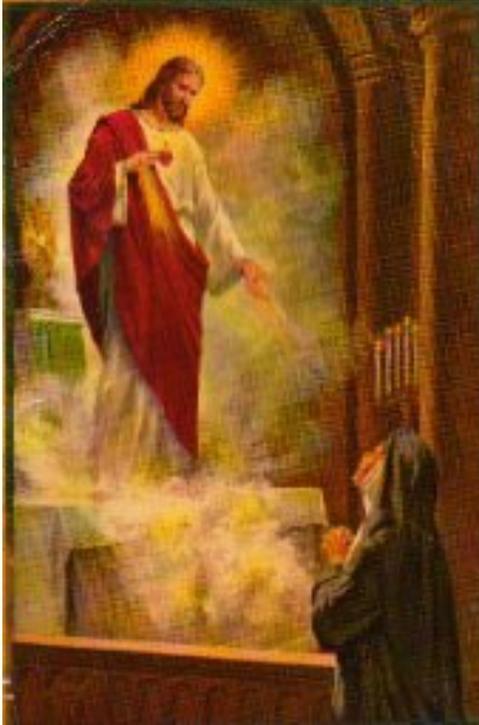


The Sacred Heart of Jesus



Four excellent ways to increase your personal devotion to the Sacred Heart of Jesus.

1. Prayer. Implore, pray to the Sacred Heart of Jesus.
2. Frequent Mass and receive the Communion. The Eucharist, the Communion, is the body sacrificed for us by the Sacred Heart of Jesus.
3. Visit to the Blessed Sacrament. Only a Roman Catholic Church... the Blessed Sacrament.
4. The Holy Hour. The Holy Hour is the 3 PM... Merciful Hour. Those who " Watch one hour" with Jesus, either before the Blessed Sacrament or at home, inevitably grow in love for the Sacred Heart.

Prayers, Novena and the Nine First Fridays

An Act of Consecration

O Sacred Heart of Jesus, filled with infinite love, broken by my ingratitude, pierced by my sins, yet loving me still: accept the consecration that I make to You of all that I am and all that I have. Take every faculty of my soul and body. Draw me, day by day, nearer and nearer to your Sacred Heart, and there, as I can bear the lesson, teach me your blessed ways.

AMEN.

Traditional Prayer of Reparation

My loving Jesus, out of grateful love I bear you, and to make reparation for my unfaithfulness to grace, I give you my heart, and I consecrate myself wholly to you; and with your help I purpose to sin no more.

AMEN.

Novena Prayer to the Sacred Heart

Dear Jesus, in revealing the love of your Most Sacred Heart to St. Margaret Mary you have said, "Behold this Heart which has so loved men that it has spared nothing, even to the point of spending itself and being consumed to prove its love to them." Moved by this great love I humbly confide to your Most Sacred Heart this request. (Pause)

May your most loving Heart grant this request if it be in accordance with your Holy Will. Most Sacred Heart of Jesus, I trust You. Most Sacred Heart of Jesus, may your Holy Will be done.

AMEN.

Jesus dictated these prayers to Sister Maria de Saint-Piere.

- ◆ "Eternal Father, look upon the Sacred Heart of Jesus which I offer to Thee as a Vase that it might receive the wine of Thy Justice, & in passing through this Holy Channel that it may be changed for us into the Wine of Thy Mercy!"
- ◆ Eternal Father, I offer Thee Our Savior Jesus Christ for the expiation of my sins & for the needs of Holy Church."

How to complete The Nine First Friday's Devotion:

1. Receive Holy Communion on each First Friday;
2. The nine Fridays must be consecutive;
3. They must be made in honor and in reparation to His Sacred Heart.

Jesus appeared to St. Margaret Mary Alocque, a Visitation nun, between December of 1673 - June of 1675. Jesus made many revelations to St. Margaret Mary.