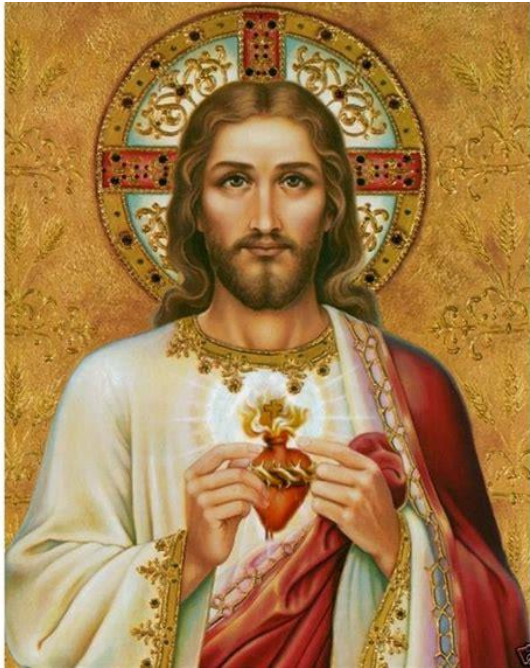


# + OUR CATHOLIC FAITH +

## SACRED HEART OF JESUS

June 2021

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The **Sacred Heart of Jesus** is the revelation of God's immense love for us. It is often depicted as a fiery furnace, pierced, and broken, but beating with love.

The Sacred Heart is also a profound reminder of the humanity of our Lord, for his heart is not a mere symbol, but a true physical reality.

On Thursdays, many Catholics make "Holy Hour," that is, they spend an hour in adoration of the Blessed Sacrament as an aspect of devotion to the **Sacred Heart**.

On Fridays, many Catholics make what is known as the "First Fridays Devotion" in honor of the **Sacred Heart**. This entails going to Mass and receiving Communion in reparation to the **Sacred Heart** on the first Friday of the month for 9 consecutive months.

*Learn from Me, for I am Gentle and Humble of Heart. Matthew 11:29*

## PRAYERS TO THE SACRED HEART OF JESUS

O MOST Holy Heart of Jesus, fountain of every blessing, I adore Thee, I love Thee and with a lively sorrow for my sins, I offer Thee this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Thy will. Grant, good Jesus, that I may live in Thee and for Thee. Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Thy blessing on all that I do, and the grace of a holy death. Within Thy Heart I place my every care. In every need let me come to Thee with humble trust saying, 'Heart of Jesus help me'. Amen.



## OFFERING TO THE SACRED HEART OF JESUS

(TRADITIONAL DEVOTION FOR THE MONTH OF JUNE)

MY LOVING Jesus! out of the grateful love I bear Thee, and as a reparation for all my unfaithfulness, I [N. N.] give Thee my heart and I consecrate myself wholly to Thee, and with Thy aid, I purpose never to sin again.

V/. Heart of Jesus, burning with love for us,

R/. Inflame our hearts with love of Thee.

Let us pray.

LORD, we beseech Thee, let Thy Holy Spirit kindle in our hearts that fire of charity which our Lord Jesus Christ, Thy Son, sent forth from His inmost Heart upon this earth, and willed that it should burn with vehemence. Who liveth and reigneth with Thee, in the unity of the same Holy Spirit, God, forever and ever. Amen.

## The Sacred Heart of Jesus +Learn More+

<https://todayscatholic.org/the-sacred-heart-of-jesus/>

<https://corjesusacratisimum.org/introduction-devotion-to-sacred-heart-of-jesus/>

<https://www.ewtn.com/catholicism/devotions/sacred-and-immaculate-hearts-12724>

<https://www.simplycatholic.com/why-the-sacred-heart/>

<https://www.catholiccompany.com/magazine/what-you-didnt-know-sacred-heart-of-jesus-5584>