

# AN HOUR WITH THE SACRED HEART

COMPILED BY REV. P. O'MARA, S. J.

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 St. Francis Xavier's, Gardiner Street, Dublin, constitute the contents of this little Book.

## PROMISES MADE BY OUR LORD JESUS CHRIST

To St. 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 thee, 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.

## I. QUARTER

### FAITH, ADORATION, TRUST

#### WORDS OF THE SACRED HEART TO ST. MARGARET MARY

On June 6<sup>th</sup>, 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 v. 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 oppresseth me,  
And, shutting all the world without,  
To spend an hour with Thee, dear Lord,  
To spend an hour with THEE.  
(The source is not known to the compiler.)

**PRAYER**  
**BEFORE THE PUBLIC HOLY HOUR**

O Lord Jesus Christ, Who hast promised that wherever two or three shall be gathered together in Thy Name Thou wilt be there in the midst of them, look down with compassion and mercy and love upon us, who are now united before Thee in the lowliness of our hearts, to honour Thy 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 Thy blessings, and inflame them with Thy love. Amen.

**FAITH**  
**Acts of Faith before the Blessed Sacrament**

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

O Lord God of Glory, I believe in Thy Word; *I believe, Lord help my unbelief*

I believe in Thy presence on the Altar; *etc.*

Behind the whiteness of the Sacred Host I see the most beautiful of the sons of men;

I see Him in Whom the Father was well pleased;

I see the Son of God and the Son of Mary;

I see Jesus of the Loving Heart, whose love for us was unrequited.

I see the Man of Sorrows,

Who sweated blood for me.

Who was scourged, and crowned, and mocked for me,

Who was unjustly crucified, as if He were an imposter;

I see the King of Majesty and Glory;

O God of Truth,

I believe in Thy promise to help me, when I come to Thee in labour and heavy-burdened;

I believe, O God, in Thy Heart's love,

in Its prodigal, mysterious love,

in Its mother-like, merciful love,

in Its individual, infinite, God-like love,

in Its wistful, unrequited love,

in the burning love of Thy Sacred Heart,

**LET US PRAY**

Dearest Lord and Master, I believe in the love of Thy Sacred Heart, and would fain cherish It and honour It as It deserves. I believe, even as St. Peter and the Apostles believed, and like them I cry to Thee; "Lord, to whom shall we go but to Thee. Thou hast the words of eternal life. For we have known that Thou art 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 Thee in the Sacrament of Thy love*

God of ages, *etc.*

God of glory,

God of pity,  
God of mercy,  
O Holy God,  
O God, Most Beautiful and Priceless One.  
O God, Most Glorious Uncreated One,  
O God, Eternal Beatific One,  
O God, O Infinite and Hidden One,  
O God Immense, O God the Living One,  
Thou Wisdom of Everlasting One,  
Thou ever Loved and ever Loving One,  
Jesus, God of Majesty, Jesus, King of Glory,  
Jesus, Meek and Humble,  
Jesus, God of the poor and lowly,  
Jesus, God of the sorrowful,  
Jesus, God of the lonely,  
Jesus, God of all the living, *O Jesus, my God, I adore Thee in the Sacrament of Thy love*  
Jesus, our Lord, *etc.*  
Jesus, our Judge,  
Jesus, our Redeemer,  
Jesus, Son of Mary,  
Jesus, of the Loving Heart,  
Jesus of the Unrequited Love,

### **PRAYER**

Make me, O Holy God, Thy treasured one;  
Make me, O Glorious Love, Thy precious one;  
Make me, O Highest Good, Thy longing one;  
Make me, O Blessed Light, Thy chosen one;  
Make me, for evermore, Thy loving one.

### **Act of Adoration**

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

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

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

### **TRUST AND RESIGNATION**

#### **May God's Holy Will be Done**

**(Imitation of Christ, Bk. III, Ch. 17)**

If Thou wilt have me to be in darkness, be Thou blessed; if Thou wilt have me be in light, be Thou blessed again.

If Thou vouchsafest to comfort me, be Thou blessed; and if it be Thy will that I be afflicted, be Thou always equally blessed.

Keep me from all sin, and I will fear neither death nor hell . . . So only Thou 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 Thee, O Sacred Heart of Jesus.

### **Act of Resignation**

My God, I thank Thee for what Thou givest, I thank Thee for what Thou withholdest, and for what Thou takest away I thank Thee.

May Thy 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, Bk. III, Ch. 15)**

Grant me, Most Kind Jesus, Thy 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 Thee, and which pleaseth Thee best.

May Thy will be mine, and let my will always follow Thine, and agree perfectly with it.

Let me always will, and not will, the same with Thee; and let me not be able to will, or not to will, otherwise than Thou willest or willest not.

### **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 Thy hand, with all its anxieties, pains, and sufferings, whatever kind of death it shall please Thee to be mine. Amen.

### **Act of Confidence**

(St. Margaret Mary)

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

### **Act of Trust**

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

### **Act of Confidence in God**

(By Blessed Pr, de la Colombiere, S.J.)

O sweet and tender Providence of my God; into Thy Hands I commend my spirit; to Thee I abandon my hopes and fears, my desires and repugnances, my temporal and eternal prospects. To Thee I commit the wants of my perishable body; to Thee 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 Thee surpasses all.

Though temptations should assail me, I will hope in Thee; though I should break my resolutions. I will look to Thee confidently for grace to keep them at last. Though Thou shouldst kill me, even then I will trust in Thee; for Thou art my

Father, my God, the support of my salvation. Thou art my kind, my tender and indulgent Parent, and I am Thy loving child. I put my trust in Thee, and so trusting, shall not be confounded. Amen.

**Prayer for Conformity to the Will of God**

O Lord Almighty, Who permittest evil, to draw good therefrom, hear our humble prayers, and grant that we remain faithful to Thee unto death. Grant us also, through the intercession of most holy Mary, the strength ever to conform ourselves to Thy most holy Will.

**FEAR NOT!**

Come unto Me and fear not!  
Have I not sighed for thee—  
Wept for thee—died for thee?  
Do I not live for thee? Fear not.  
Do I not watch o'er thee?  
Do I not heed thee?  
Dost thou not cling to Me  
Cry to Me—need Me? Fear not.  
Mine Eye is upon thee—  
My arms around thee  
To keep thee and guard thee  
Now that I've found thee. Fear not.  
Trust in Me. Call to Me!  
I am so near to thee!  
Thy God and thy Father  
Ah, how canst thou fear Me? Fear not.  
*(Source not known to the compiler)*

**II. 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 St. 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, Thou hast promised that “anything we ask the Father in Thy name He will give”. Relying on this promise, the promise of the God of Truth, we ask our Heavenly Father to-day for what we want. We ask it in the name of Thee, His only begotten Son, Jesus Christ, and the only condition we make is that it be for our good and Thy 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 Thee to inspire young men with Zeal to labour for Thee, and Courage to deny themselves for Thee, and a Love that will lead them to leave home and father and mother for Thy name's sake.

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

### **ASPIRATION**

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

### **A Prayer for Priests**

O Jesus, eternal Priest, keep Thy holy ones within the shelter of Thy Sacred Heart, where none may harm them. Keep unstained their anointed hands, which daily touch Thy Sacred Body. Keep unsullied their lips, purpled with Thy Precious Blood. Keep, pure and unearthly their hearts sealed with the sublime marks of Thy 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 St. Margaret Mary in favour of those who practise and promote Devotion to the Sacred Heart.*

### **For the Necessary Graces**

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

Arise up then to help me; strengthen me with Thy grace, that I may fervently execute what I have firmly resolved, and not only avoid all the evil Thou forbiddest, but also perform all the good Thou commandest, 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 Thy Name's sake. Amen.

### **Prayer for Mercy**

O Heart of Jesus, full of tenderest love and mercy for repentant sinners, we turn to Thee, 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 Thee and through Thee we may find in life, in death, and at the judgment seat, the mercy Thou hast purchased for us with Thy 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 didst say of old to Thy 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 passeth 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 Thee, through Thy most Sacred Heart, that all wandering sheep may now return to Thee, the Shepherd and Bishop of their souls. Who livest with God the Father and the Holy Spirit; God for ever and ever. Amen

### **Prayer for All the Living and Dead**

O Most Sacred Heart of Jesus, pour down Thy blessings abundantly upon Thy 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 Thy love.

### **The Great Request**

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

If Thou give me this grace I shall be indifferent as to what Thou dost 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, Thou hast created me for Thyself: grant that I may realise that my true happiness lies in doing Thy Holy Will. Grant, too, that I may labour unto the end for Thy greater honour and glory. I beseech Thee 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 Thine.

### **Prayer for Friends**

Dear Jesus, I commend my friends to Thee (especially N.N.). Bless them, dear Lord. Give them grace to love and serve Thee always. Assist them to bear their trials. Help them in their temporal needs. Grant that we may be all united with Thee 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 Thee, O Heart of Jesus, to pardon them the evil they have done, and to draw them to follow Thee.

### **Prayer for all Present**

Sweet Heart of our God, deign to grant us all the grace to know Thee more clearly, to love Thee more dearly, and to follow Thee 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 Thee, I love Thee, and I repent sincerely of my sins.

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

### **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 Thee, 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 Thy blessing to me and mine.

To Thee, most compassionate Heart of Jesus, I commend all these souls, and I offer to Thee on their behalf, all the merits of Thy 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 Thee by the Agony of Thy most Sacred Heart, and by the sorrows of Thy Immaculate Mother, to cleanse in Thy 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, Thou art all powerful, make me holy.

*St. Alphonsus Liguori.*

### **Prayer for a Happy Death**

*(Cardinal Newman)*

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

Let Thy absolving words be said over me, and Thy Holy Oil sign and seal me; and let Thy Body be my food, and Thy Blood my sprinkling; and let Thy Holy Mother Mary come to me, and my Angel whisper peace to me, and Thy 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 Thy Church, in Thy Faith, and in Thy Love. Amen.

### **The Church's Prayers for the Dead**

O God, the Creator and Redeemer of all the faithful, give to the souls of Thy servants departed the remission of all their sins, that through pious supplications they may obtain the pardon they have always desired, Who livest and reignest 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 Thee, O Lord, to help the souls in Purgatory whom Thou hast redeemed with Thy Precious Blood.

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

### **ASPIRATION**

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

### **III. 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 thou, at least, make Me atonement for men’s ingratitude as far as thou art able.”*

*(Words spoken by the Sacred Heart to St. 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 Thy Agony and Bloody Sweat in the Garden,  
*I am sorry, O Jesus*  
For my share in Thy Crucifixion, *etc.*  
For my want of sympathy with Thee and Thy Blessed Mother,  
For my lukewarmness in Holy Communion,  
For my neglect of Holy Mass,  
For my irreverence in the church,  
For all my ingratitude,  
For my want of perfect trust,  
For my indifference to Thy wonderful love,  
For our sins of dishonesty, *Forgive us, O Jesus*  
For our sins of uncharitableness, *etc.*  
For our sins of drink,  
For our sins of sacrilege,  
For our sins of lust,  
For all the outrages committed against Thee,

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

### **Act of Amendment**

O Jesus of the Loving Heart, what can I do to make amends to Thy unrequited Love? How can I repair the neglect and ingratitude of the misspent years? Deign to show me what Thou desirest 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 Thee to accept my sincere desire to atone for the past and to make some return for all Thy 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 Thee, and to make reparation for my unfaithfulness to grace, I (N.N.) give Thee my heart, and I consecrate myself wholly to Thee; and with Thy 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 Thy commandments better,  
to please Thee more,  
to serve Thee 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 Thy 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 Thee in the church very often,  
and to receive Thee 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 Thee in the Sacrament of Thy love, we firmly purpose never to lose heart; but always to have an unshaken confidence in Thy patience with our weakness, in Thy mercy, and in Thy love. Amen.

### **Act of Reparation (after St. 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 St. 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 St. Margaret Mary.)*

### **PRAYER AT THE PUBLIC HOLY HOUR**

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

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

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

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

By Thy Agony and Bloody Sweat, *O Jesus of the Loving Heart, have mercy*

By the mockeries and humiliations of Thy Passion, *etc.*

By Thy Scourging,

By Thy Crowning with Thorns,

By Thy carrying of the Cross,

By Thy terrible loneliness,

By Thy bitter death,

By Thy Mother’s sorrow,

By Thy love for sinners,

O Father of Heaven, we beseech Thee not to allow Thy 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 Thy people, and be not angry with them for ever.*

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

*Spare, O Lord, spare Thy 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, *etc.*

Mother of Christ.

Refuge of sinners.

### **LET US PRAY**

O God, Who hast 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 Thy faithful people, and grant the conversion and perseverance in grace of every sinner, through Jesus Christ our Lord. Amen.

## **Aspirations**

O God, I offer Thee 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.

## **IV. 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 thou didst know how I thirst to be loved by men, thou wouldst spare nothing that this might be accomplished.”...*

*“I thirst with the desire of being loved”.*

*(Revelations of the Sacred Heart to St. 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 Thy love for me.

### **Litany for the Love of the Sacred Heart**

Jesus in the Most Adorable Sacrament, *Inflame my heart with love of Thee*

Jesus of the Loving Heart, *etc.*

Sacred Heart of my Friend,

Heart of my Saviour,

Heart of my God.

Heart of the unrequited love,

Heart of the wistful love,

Because of Thy infinite loveliness,

Because of Thy sweetness and meekness,

Because of Thy goodness and mercy,

Because Thou knowest all about me, and likest me all the same.

Because Thou hast done so much for me.

Because Thou askest so little in return, *Inflame my heart with love of Thee*

Because of my past ingratitude, *etc.*

Because Thy love has met with coldness and rebuffs,

Because Thou wert wounded by my iniquities,

For the gift of Thy Body and Blood.

For Thy loving desire to be united to me,

For Thy wonderful condescension,

For the graces and blessings Thou showerest on me,

In spite of my insincerity and selfishness,

In spite of my coldness and fickleness,

In spite of my worthlessness.

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

### **LET US PRAY**

O Jesus of the Loving Heart, inflame my heart with love of Thee, so that I may love Thee 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 Thy Sacred Heart. Amen.

### **Prayer for Generosity**

Dearest Lord, teach me to be generous. Teach me to serve Thee as Thou deservest 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 Thy will.

### **Aspirations**

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

Sweet Heart of Jesus, be Thou my love.

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

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

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

### **SPIRITUAL COMMUNION**

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

My Jesus, I love Thee with my whole heart, and I wish to live always united to Thee. As I cannot now receive Thee sacramentally, I receive Thee 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 Thine Apostle: "I live, yet not I, but Christ liveth in me".

### **OBLATION**

#### **The "Sume et Suscipe" of St. Ignatius**

Take, O Lord, and receive my whole liberty, my memory, my understanding, and my will. Whatever I have and possess Thou hast given me. To Thee, O Lord, I restore them. They are all Thine; dispose of them according to Thy will. Give me only Thy love and Thy 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."*

*(St. Margaret Mary, "Memoir," Vol. 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 Thee my lonely heart. May its every pulsation be a prayer of love to Thee.

Thou art ever watching under the sacramental veils; in Thy love Thou never sleepest, and Thou are never weary of Thy vigil for sinners.

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

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

### **THE MORNING OFFERING**

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

#### **Act of Consecration of Oneself to the Sacred Heart\***

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

#### **\*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 Thee my body, with all its senses, my soul with all its faculties, and my whole being entirely.

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

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

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

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

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

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

Grant me the grace to set up my dwelling place in Thy 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 Thy abode, the chosen spot for Thy repose, so that we may remain ever closely united; thus may I one day be able to praise, love, and possess Thee for all eternity on high in Heaven, where I will sing for ever the infinite mercy of Thy most Sacred Heart.

### **A Short Act of Consecration**

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

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

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

### **A Prayer to the Sacred Heart**

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

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

### **Consecration of Homes to the Sacred Heart**

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

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

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

### **ACT OF CONSECRATION OF FAMILIES TO THE SACRED HEART**

Sacred Heart of Jesus, Who didst manifest to St. Margaret Mary the desire of reigning in Christian Families, we today wish to proclaim Thy most complete regal dominion over our own. We would live in future with Thy life, we would cause to flourish in our midst those virtues to which Thou hast promised peace here below, we would banish far from us the spirit of the world which Thou hast cursed; and Thou shalt reign over our minds in the simplicity of faith, and over our hearts by the whole-hearted love with which they shall burn for Thee, the flame of which we shall keep alive by the frequent reception of Thy 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 Thee, remind him, O Heart of Jesus, that Thou art 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 Thy 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 Thy glories and Thy mercies.

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

Nihil Obstat:

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