12 Promises of the Sacred Heart
to St. Margaret Mary

1. I will give them all the graces necessary for their state in life.
2. I will establish peace in their families.
3. I will comfort them in their trials.
4. I will be their refuge in life, and especially in death.
5. I will bless abundantly all their undertakings.
6. Sinners will find in My Heart an infinite ocean of mercy.
7. Lukewarm souls will become fervent.
8. Fervent souls will grow rapidly in holiness and perfection.
9. I will bless every place where an image of My Heart is exposed and honored.
10. I will give to priests the gift to touch the most hardened hearts.
11. The names of those who promote this devotion will be written in my Heart.
12. I promise, in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday for nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment.

INDULGENCED ASPIRATIONS

Jesus, meek and humble of Heart, make my heart like unto thee!
[P. Leo XIII, 7 Sept 1897, 100 days]
Sweet Heart of my Jesus, make me love Thee more and more!
[P. Pius X, 26 Nov 1876, 300 days]
Sacred Heart of Jesus, I trust in Thee!
[P. Pius X, 27 June 1906, 300 Days]

St. Mechtilde, pray for us! St. John Eudes, pray for us!
Saint Margaret Mary, pray for us!
PRAYER OF ST. GERTRUDE

Hail, Sacred Heart of Jesus, living and quickening source of eternal life, infinite treasury of the Divinity, burning furnace of divine Love! You are my refuge and my sanctuary, O my amiable Savior. Consume my heart with that burning fire with which Yours is ever inflamed; pour down on my soul those graces which flow from Your love, and let my heart be so united with Yours that our wills may be one, and mine in all things conform to Yours. May You be the standard and rule of my desires and of my actions. R. Amen.

LITANY OF THE SACRED HEART OF JESUS

V. Lord, have mercy on us.
   R. Christ have mercy on us.
V. Lord, have mercy on us.
   R. Christ, hear us.
V. Christ,
   R. Graciously hear us.

God, the Father of Heaven,
God, the Son, Redeemer of the world,
God, the Holy Spirit,
Holy Trinity, one God,
Heart of Jesus, Son of the Eternal Father,
Heart of Jesus, formed by the Holy Spirit in Womb of the Virgin Mother,
Heart of Jesus, substantially united to the Word of God,
Heart of Jesus, of infinite majesty,
Heart of Jesus, sacred temple of God,
Heart of Jesus, tabernacle of the Most High,
Heart of Jesus, house of God and gate of heaven,
Heart of Jesus, burning furnace of charity,
Heart of Jesus, abode of justice and love,
Heart of Jesus, full of goodness and love,
Heart of Jesus, abyss of all virtues,
Heart of Jesus, most worthy of all praise,
Heart of Jesus, king and center of all hearts,
which we and others have committed in the past. Henceforth we will live a life of unwavering faith, of purity of conduct, of perfect observance of the precepts of the Gospel and especially that of charity. We promise to the best of our power to prevent others from offending You and to bring as many as possible to follow You.

O loving Jesus, through the intercession of the Blessed Virgin Mary our model in reparation, deign to receive the voluntary offering we make of this act of expiation; and by the crowning gift of perseverance keep us faithful unto death in our duty and the allegiance we owe to You, so that we may all one day come to that happy home, where You with the Father and the Holy Spirit live and reign, world without end. Amen.

A PRAYER TO THE ETERNAL FATHER

OETERNAL Father, let me offer up unto Your mercy the Sacred Heart of Your well beloved Son, even as He offered Himself up a sacrifice to Your justice. Accept, on my behalf, all the thoughts, sentiments, affections, motions, and all the actions of this Sacred Heart; they are mine, because It was immolated for me; they are mine, because for the future I am resolved to admit nothing into my heart except that which is placed in Yours. Receive, then, O God, the merits of this Sacred Heart in satisfaction for my sins, and in thanksgiving for all the benefits conferred upon me. Receive them, O Lord, as so many motives for granting my petitions. Give me, O Lord, for their sake, all the graces I need, but especially the gift of final perseverance. Receive them as so many acts of love, adoration, and praise, which I now offer to Your divine majesty. This Sacred Heart, this Heart alone, can love, honor, and glorify You as You deserve. Amen.
FIRST FRIDAY ACT OF REPARATION

O sweet Jesus, whose overflowing charity for men is required by so much forgetfulness, negligence and contempt, behold us prostrate before Your altar eager to repair by a special act of homage the cruel indifference and injuries, to which Your loving Heart is everywhere subject.

Mindful that we ourselves have had a share in such great indignities, which we now deplore from the depths of our hearts, we humbly ask Your pardon and declare our readiness to atone by voluntary expiation not only for our personal offences, but also for the sins of those, who, straying far from the path of salvation, refuse in their obstinate infidelity to follow You, their Shepherd and Leader, or, renouncing the vows of their baptism, have cast off the sweet yoke of Your Law.

We are now resolved to expiate each and every deplorable outrage committed against You; we are determined to make amends for the manifold offences against Christian modesty in unbecoming dress and behavior, for all the foul seductions laid to ensnare the feet of the innocent, for the frequent violation of Sundays and holydays, and the shocking blasphemies uttered against You and Your Saints. We wish also to make amends for the insults to which Your Vicar on earth and Your priests are subjected, for the profanation, by conscious neglect or terrible acts of sacrilege, of the very Sacrament of Your divine love; and lastly, for the public crimes of nations who resist the rights and the teaching authority of the Church which You have founded.

Would, O divine Jesus, that we were able to wash away such abominations with our blood. We now offer, in reparation for these violations, of Your divine honor, the satisfaction You did once make to Your eternal Father on the Cross and which You do continue to renew daily on our altars; we offer it in union with the acts of atonement of Your Virgin Mother and all the Saints and of the pious faithful on earth; and we sincerely promise to make recompense, as far as we can with the help of Your grace, for all the neglect of Your great love and for the sins

Heart of Jesus, in Whom are all treasures of wisdom and knowledge,
Heart of Jesus, in Whom dwells the fullness of divinity,
Heart of Jesus, in Whom the Father was well pleased,
Heart of Jesus, of Whose fullness we have all received,
Heart of Jesus, desire of everlasting hills,
Heart of Jesus, patient and most merciful,
Heart of Jesus, enriching all who invoke You,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, loaded down with opprobrium,
Heart of Jesus, bruised for our offenses,
Heart of Jesus, obedient unto death,
Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, victim for sin,
Heart of Jesus, salvation of those who trust in You
Heart of Jesus, hope of those who die in You,
Heart of Jesus, delight of all the saints,

V. Lamb of God, Who takes away the sins of the world, R. Spare us, O Lord.
V. Lamb of God, Who takes away the sins of the world, R. Graciously hear us, O Lord.
V. Lamb of God, Who takes away the sins of the world, R. Have mercy on us.
V. Jesus, meek and humble of heart,
R. Make our hearts like unto Yours.
A PRAYER TO THE SACRED HEART OF JESUS
IN THE MOST BLESSED SACRAMENT OF THE ALTAR

How great, O my Jesus, is the extent of Your excessive charity. You have prepared for me, of Your most precious Body and Blood, a divine banquet, wherein You give Yourself to me without reserve. What has urged You to this excess of love? Nothing but Your own most Loving Heart. O adorable Heart of Jesus, furnace of divine Love, receive my soul into the wounds of Your most sacred Passion, that in this school of charity I may learn to make a return of love to that God who has given me such wonderful proofs of His love. Amen.

Let us pray. O Almighty and eternal God, look upon the Heart of Your dearly beloved Son, and upon the praise and satisfaction He offers You in the name of sinners and for those who seek Your mercy; be pleased and grant us pardon in the name of the same Jesus Christ, Who lives and reigns with You, in the unity of the Holy Spirit, world without end. Amen.

AN ACT OF CONSECRATION
TO THE MOST SACRED HEART OF JESUS

To You, O Sacred Heart of Jesus, do I devote and offer up my life, my thoughts, my words, my actions, and my sufferings. May my whole being be no longer employed but in loving and serving and glorifying You. O Sacred Heart, be Thou henceforth the sole object of my love, the protector of my life, the pledge of my salvation, and my refuge at the hour of my death. Plead for me, O blessed and adorable Heart, at the bar of Divine Justice, and screen me from the anger which my sins deserve. I trust entirely in Your mercy. I place all my confidence in You. Destroy in me all that is displeasing to You. Jesus, meek and humble of heart, make my heart like unto Yours. Imprint Yourself like a seal upon my heart, that I may never be separated from You. May my name also be ever engraven upon You. May I be a victim forever consecrated to Your glory, forever burning with the flames of Your pure love in time and for eternity. This is my whole desire to live in You. One thing have I sought of the Lord, and this will I seek, that I may dwell in the Heart of my Lord all the days of my life! Sweet Heart of Jesus, I implore that I may love You more and more. Amen.

V. Heart of Jesus, burning with love for us.
R. Inflame our hearts with love of You.

Let us pray. Lord, we beseech You, let Your Holy Spirit kindle in our hearts that fire of charity which our Lord Jesus Christ, Your Son, sent forth from His inmost heart upon the earth, and willed that it should burn with vehemence. Who lives and reign with You, in the unity of the same Holy Spirit, God, forever and ever. Amen.