

Sisters of the Eucharistic Heart of Jesus

Serving at St. Mary & St. Paul Parishes · Western Skagit County, WA

Sacred Heart Devotion

Prayers, Consecration & Nine-Day Novena

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intentions of the Holy Father. Amen.

Act of Consecration to the Sacred Heart

Most Sweet Jesus, Redeemer of the human race, look down upon us, humbly prostrate before Your altar. We are Yours, and Yours we wish to be; but, to be more surely united with You, behold each one of us freely consecrates himself today to Your Most Sacred Heart.

Many indeed have never known You; many too, despising Your precepts, have rejected You. Have mercy on them all, most merciful Jesus, and draw them to Your Sacred Heart.

Be You King, O Lord, not only of the faithful who have never forsaken You, but also of the prodigal children who have abandoned You; grant that they may quickly return to their Father's house lest they die of wretchedness and hunger.

Be You King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that there may be but one flock and one Shepherd.

Grant, O Lord, to Your Church assurance of freedom and immunity from harm; give peace and order to all nations, and make the earth resound from pole to pole with one cry: Praise be to the Divine Heart that wrought our salvation; to it be glory and honor for ever. Amen.

The Twelve Promises of the Sacred Heart

Our Lord promised these graces to those who practice devotion to His Sacred Heart:

1. I will give them all the graces necessary for their state of life.
2. I will establish peace in their households.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life and at the hour of death.
5. I will bless every place where an image of My Heart shall be exposed and honored.
6. I will give to priests the power to touch the most hardened hearts.
7. Those who spread this devotion shall have their names written in My Heart, never to be blotted out.
8. I will grant the grace of perseverance to all those who communicate on nine consecutive first Fridays.
9. I will be their light during life and their consolation at the hour of death.

10. I will give to priests the grace to move the most hardened hearts.
11. The names of all who propagate this devotion shall be written in My Heart.
12. I promise in the excess of the mercy of My Heart, that My all-powerful love will grant to all those who shall receive Communion on the first Friday of nine consecutive months the grace of final repentance.

Nine-Day Novena to the Sacred Heart

Pray the following for nine consecutive days.

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

"Heart of Jesus, help me."

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