

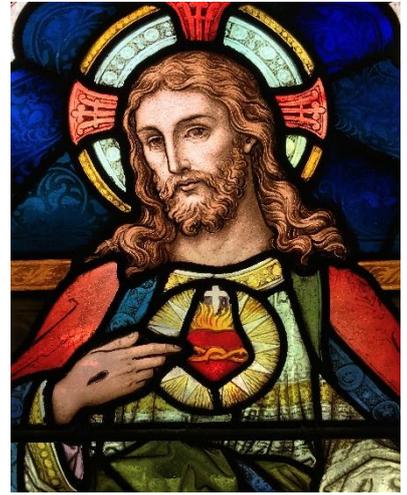
## The Catholic church of St Mary Devotions to the Sacred Heart of Jesus

### **The Devotion to the Sacred Heart**

The devotion to the Sacred Heart of Jesus recognizes Jesus' great love for us as symbolized by His heart. The devotion began in the 1670s, when Jesus appeared multiple times to St. Margaret Mary Alacoque, a Visitation nun in France. Through these visions, he told her how he wished to be honoured with the symbol of his heart, asking for the faithful to make amends for any wrongdoing they had done, frequently take Communion, and observe the Holy Hour. In 1856, the devotion was added to the church calendar by Pope Pius IX.

### **Significance of the Devotion**

Jesus's profound love for us is demonstrated through His willingness to sacrifice his life for our sake. The love from his heart motivated all his actions — his inner life manifested in his demonstrated virtues and sacrifice. The purpose of devotion to the Sacred Heart of Jesus is to focus our hearts on receiving and returning his love with gratitude — with all of our heart, soul, and strength — that he may be glorified.



### **The 12 promises of the Sacred Heart**

In these apparitions to St Margaret Mary, Jesus made promises about the love of his Sacred Heart for mankind. Jesus communicated his desire that he should be honoured through the display of this image of his heart.

To qualify for this tremendous grace, it is necessary to receive Holy Communion validly and worthily, that is, not being in a state of mortal sin, on the nine consecutive First Fridays as stated. In addition, the communicant must have the intention, at least implicitly, of making reparation to the Sacred Heart of Jesus for all the sins and ingratitude of mankind.

Here are the twelve promises Our Lord gave to St Margaret Mary:

- I will give them all the graces necessary for their state of life.
- I will establish peace in their homes.
- I will comfort them in all their afflictions.
- I will be their secure refuge during life, and especially at the hour of death.
- I will bestow abundant blessings on all their undertakings.
- Sinners shall find in my Heart the source and ocean of infinite mercy.
- Tepid souls shall become fervent.
- Fervent souls shall rise rapidly to a high degree of perfection.
- I will bless every place where a picture of my Sacred Heart shall be exposed and honoured.
- I will give to priests the power to touch the hardest hearts.
- Those who shall promote this devotion shall have their names written in my Heart, never to be blotted out.
- I promise you, in the excessive mercy of my Heart, that its all-powerful love will grant to all those who receive Holy Communion on the First Friday of every month for nine consecutive months, the grace of final repentance, and that they shall not die without receiving the sacraments, and that my Divine Heart shall be their safe refuge in that last moment.

## **Prayers and Devotions to Sacred Heart of Jesus**

✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Let us pray. Grant, we pray, almighty God, that we, who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive an overflowing of grace from that fount of heavenly gifts. Through our Lord Jesus Christ, your Son, who lives and reigns with you in unity of the Holy Spirit, God, for ever and ever. **Amen.**

## **The Litany of the Sacred Heart of Jesus**

Lord, have Mercy  
Christ, have Mercy  
Lord, have Mercy  
God the Father in Heaven  
God the Son, Redeemer of the world,  
God the Holy Spirit,  
Holy Trinity, one God,  
Heart of Jesus, Son of the Eternal Father,

**Lord, have Mercy  
Christ, have Mercy  
Lord, have Mercy  
Have Mercy on us  
Have Mercy on us  
Have Mercy on us  
Have Mercy on us  
Have Mercy on us**

