

## First Friday Devotions to the Sacred Heart of Jesus



### 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. In flame 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, for ever and ever. Amen.

### First Friday Act of Reparation (Plenary Indulgence When Recited on Feast Day of the Sacred Heart)

O sweet Jesus, whose overflowing charity for men is requited 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 offenses, 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 offenses 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 holy days, 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 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.

### Prayer of St. Gertrude to the Sacred Heart of Jesus

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, have mercy on us.

God, the Son, Redeemer of the world, have mercy on us.

God, the Holy Spirit, have mercy on us.

Holy Trinity, one God, have mercy on us.

Heart of Jesus, Son of the Eternal Father, have mercy on us.

Heart of Jesus, formed by the Holy Spirit in the Womb of the Virgin Mother, have mercy on us.

Heart of Jesus, substantially united to the Word of God, have mercy on us.

Heart of Jesus, of infinite majesty, have mercy on us.

Heart of Jesus, sacred temple of God, have mercy on us.

Heart of Jesus, tabernacle of the Most High, have mercy on us.

Heart of Jesus, house of God and gate of heaven, have mercy on us.

Heart of Jesus, burning furnace of charity, have mercy on us.

Heart of Jesus, abode of justice and love, have mercy on us.

Heart of Jesus, full of goodness and love, have mercy on us.

Heart of Jesus, abyss of all virtues, have mercy on us.

Heart of Jesus, most worthy of all praise, have mercy on us.

Heart of Jesus, King and center of all hearts, have mercy on us.

Heart of Jesus, in Whom are all treasures of wisdom and knowledge, have mercy on us.

Heart of Jesus, in Whom dwells the fullness of divinity, have mercy on us.

Heart of Jesus, in Whom the Father was well pleased, have mercy on us.

Heart of Jesus, of Whose fullness we have all received, have mercy on us.

Heart of Jesus, desire of everlasting hills, have mercy on us.

Heart of Jesus, patient and most merciful, have mercy on us.

Heart of Jesus, enriching all who invoke You, have mercy on us.

Heart of Jesus, fountain of life and holiness, have mercy on us.

Heart of Jesus, propitiation for our sins, have mercy on us.

Heart of Jesus, loaded down with opprobrium, have mercy on us.

Heart of Jesus, bruised for our offenses, have mercy on us.

Heart of Jesus, obedient unto death, have mercy on us.

Heart of Jesus, pierced with a lance, have mercy on us.

Heart of Jesus, source of all consolation, have mercy on us.

Heart of Jesus, our life and resurrection, have mercy on us.

Heart of Jesus, our peace and reconciliation, have mercy on us.

Heart of Jesus, victim for sin, have mercy on us.

Heart of Jesus, salvation of those who trust in You, have mercy on us.

Heart of Jesus, hope of those who die in You, have mercy on us.

Heart of Jesus, delight of all the saints, have mercy on us.

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.

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.

\*\*\*\*\*

Jesus, meek and humble of Heart, make my heart like unto thee!

Sweet Heart of my Jesus, make me love Thee more and more!

Sacred Heart of Jesus, I trust in Thee!