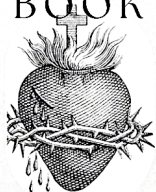


Classics

SACRED
HEART
PRAYER
BOOK



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MORNING PRAYERS

ADORATION & THANKSGIVING

O My God! with a most lively faith and profound veneration I adore Thee, and thank Thee for all the graces I have received from Thy bounty, especially for the grace of my creation, redemption, and preservation, for the gift of the True Faith, and for having preserved me during the past night from sudden death.

OFFERING AND INTENTION

O Sacred Heart! I give and consecrate myself entirely to Thee: my heart, my memory, and my will, in order that everything I shall do and suffer be done for Thy honour and for love of Thee; that I may love Thee in all I see and hear; that all my words may be so many acts of adoration,

love, and praise of Thy infinite Majesty; that every movement of my lips be an act of contrition for the sins which I have committed, and for the omissions of which I was guilty. Most amiable, divine Heart, would that I could draw me to Thee as often as I breathe; that I could offer Thee to the Eternal Father as often as I respire, in thanksgiving for all Thy benefits.

Trusting in Thy infinite mercy, I also form the intention of gaining all the holy indulgences to be gained today, and I implore Thee to let them aid the salvation of my soul. I moreover unite in all the prayers, good works, and holy intentions of the Church Militant, Suffering, and Triumphant. Thus submitting my whole being to the dispositions of Thy most holy Will, I implore Thee, O Lord, for Thy holy blessing.

accomplishment of Thy most holy Will in all things.

These, then, most Sacred Heart, are the graces which I humbly beseech Thee to grant unto me, and to all those hearts which are capable of loving Thee; and I ask for them and for myself the grace of living and dying in this same holy love. Amen.

SPIRITUAL COMMUNION

Eternal Father! I offer up to Thee my intellect, that it may learn to know Thee alone.

Sweetest Jesus! I offer up to Thee my memory, that it may remember Thee alone.

Holy Ghost, Spirit of charity! I offer up to Thee my will, that Thou mayest enkindle and warm it by Thy divine love. Adorn my soul with Thy seven gifts, and let me become Thy pure temple. Fill me with Thy grace, and prepare my heart to receive spiritually my God.

COMMENDATION TO THE SACRED HEART

O Lord, I elect Thy Sacred Heart my abiding-place. May it be my strength in combat, my support in weakness, my light and guide in darkness; may it supply for my defects and sanctify all my intentions and actions. In union with Thine own I offer them up that I may be prepared to receive Thee.

Strengthen and support, O most Sacred Heart, the purpose and desire of loving and serving Thee with which Thou didst inspire me, and grant that I perform all the good that according to Thy Will I should.

Be Thou, O God, my strength; do Thou support and defend me, for I am and intend to be forever Thine.



VISIT TO THE BLESSED SACRAMENT

Act of Reparation

O Divine Heart of Jesus, boundless source of love and goodness! How much do I regret that I have forgotten Thee so often and loved Thee so little! O Sacred Heart! Thou dost merit the love and devotion of all those hearts which Thou hast infinitely loved and cherished, and Thou dost receive nothing but coldness and ingratitude from my own ungrateful heart, which justly deserves Thy indignation. But since Thou art a Heart of love, Thou art also a Heart of infinite goodness, from which I hope pardon and reconciliation. Alas, O Divine Heart! It is with profound grief that I acknowledge myself guilty of so much tepidity, and that I consider the unjust proceedings of my wicked heart, which has so unworthily deprived Thee of the love which Thy due, and has applied it to itself or to some other transitory object. O Heart

most gentle, if the grief and shame of a heart which sees its error is capable of satisfying Thee, pardon my poor heart: for this is the state into which its want of love and fidelity has plunged it. Alas! What could it expect but hatred and punishment, if it did not hope all from Thy mercy? O Heart of my God, Heart most holy, Heart to which alone belongs the pardon of sinners, have mercy, I beseech Thee, upon this miserable heart of mine. All its powers are united to make Thee, in all humility, a reparation of honour for all its wanderings and infidelities. Ah, how could I have refused so long to give my heart to Thee, since Thou alone art its rightful possessor! I regret from the bottom of my heart that I have wandered so far from Thee and Thy love, from the Source of all good, in a word, from the Heart of my Jesus, Who, without having any need of me, sought me and loved me first. O most adorable Heart, how could I have treated Thee thus—Thee on Whose love and goodness I am entirely dependent;

and if Thou wert to withdraw but for one instant either the one or the other I should be reduced to the most abject misery or utterly annihilated. How infinite has been Thy goodness, O Heart of love, to have supported my ingratitude so long; it remains only for Thy mercy to pardon my poor inconstant heart! O Heart of my Jesus! I now consecrate and give to Thee all my love and my heart; I give Thee both irrevocably, although with a deep feeling of confusion for having so long refused Thee that which was Thine own. O Divine Heart! Thou wouldst testify to me the excess of Thy love, by rendering me capable of loving Thee, and, alas! I have profited to ill by this opportunity of meriting Thy favours! I am truly grieved, and I most humbly beseech Thee, O Heart of my Jesus, to renew my heart, which was hitherto so faithless.

Grant that henceforth it may be bound to Thee by the bonds of love, and that it approach so much nearer to Thee as it has hitherto wandered far from Thee; and since



THE MONTH OF THE SACRED HEART

Interior Practices

1. At the beginning of this month examine yourself, and see what is your predominant passion, or the fault which you most frequently commit, and the best means of overcoming it. Having discovered this fault, make a firm purpose to use the means to overcome it, commending your resolution with a childlike confidence to the Sacred Heart. Choose some short ejaculatory prayer which you will repeat often each day during the month, in order to remind you of your resolution, and to implore the grace of God to help you to fulfil it.

2. Each morning, offer all the actions of the day to the Sacred Heart of Jesus, and renew the resolution you took at the beginning of the month, humbly praying for grace to keep it during the day.



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