

atone by voluntary expiation not only for our own personal offenses, but also for the sins of those, who, straying far from the path of salvation, refuse in their obstinate infidelity to follow Thee, their Shepherd and Leader, or, renouncing the vows of their baptism, have cast off the sweet yoke of Thy Law.

We are now resolved to expiate each and every deplorable outrage committed against Thee; 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 violations of Sundays and holy-days, and the shocking blasphemies uttered against Thee and Thy saints. We wish also to make amends for the insults to which Thy Vicar on earth and Thy priests are subjected, for the profanation, by conscious neglect or terrible acts of sacrilege, of the very Sacrament of Thy divine love; and lastly for the public crimes of nations who resist the rights and teaching authority of the Church which Thou hast founded.

Would, O divine Jesus, we were able to wash away such abominations with our blood. We now offer, in reparation for these violations of Thy divine honor, the satisfaction Thou didst once make to Thy eternal Father on the cross and which Thou dost continue to renew daily on our altars; we offer it in union with the acts of atonement of Thy 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 Thy grace, for all neglect of Thy great love and for the sins 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 Thee and to bring as many as possible to follow Thee.

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 Thee, so that we may one day come to that happy home, where Thou with the Father and the Holy Ghost livest and reignest God, world without end. Amen.

### **ACT OF CONSECRATION TO THE SACRED HEART OF JESUS**

*Issued on October 17, 1925 by His Holiness Pope Pius XI.*

Most sweet Jesus, Redeemer of the human race, look down

upon us humbly prostrate before Thy altar. We are Thine, and Thine we wish to be; but, to be more surely united with Thee, behold each one of us freely consecrates himself today to Thy most Sacred Heart.

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

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

Be Thou King of all those who are still involved in the darkness of idolatry or of Islamism, and refuse not to draw them all into the light and kingdom of God. Turn Thine eyes of mercy toward the children of that race, once Thy chosen people. Of old they called down upon themselves the Blood of the Savior; may it now descend upon them a laver of redemption and of life.

Grant, O Lord, to Thy 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 to the divine Heart that wrought our salvation; to It be glory and honor forever." Amen.

*Sacred Heart of Jesus, Thy Kingdom come!  
Sacred Heart of Jesus, I trust in Thee.*

### **The Devotion to the Sacred Heart and the Message of Fatima**

During Her third apparition, on July 13, 1917, Our Lady of Fatima confided to the three children-seers a Great Secret in three parts. The first part of the Secret was a vision of hell. Lucia relates, "Our Lady said to us with kindness and sadness: 'You have seen Hell, where the souls of poor sinners go. To save them, God wills to establish in the world devotion to My Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace.'"

The second part of the Secret contains a detailed prophecy of events by which God will punish the world for its crimes, if people do not cease offending Him. However, Our Lady put it in the power of the faithful to forestall these just punishments by complying with two special requests: "To prevent this, I shall come to ask for the Consecration of Russia to My Immaculate Heart and the Communion of Reparation on the First Saturdays."

### **THE FIVE FIRST SATURDAYS COMMUNION OF REPARATION AND THE GREAT PROMISE**

True to Her promise, Our Lady returned on December 10, 1925 with the Child Jesus Who said: "Have compassion on the Heart of your Most Holy Mother, covered with thorns, with which ungrateful men pierce It at every moment, and there is no one to make an act of Reparation to remove them."

Then the Most Holy Virgin said: "Look My daughter, at My Heart, surrounded with thorns with which ungrateful men pierce Me at every moment by their blasphemies and ingratitude. You at least try to console Me and announce in My Name that **I promise to assist at the moment of death, with all the graces necessary for salvation, all those who, on the First Saturday of five consecutive months, shall confess, receive Holy Communion, recite five decades of the Rosary, and keep Me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary, with the intention of making Reparation to Me.**"

Three and a half years later, on June 13, 1929, Our Lady appeared again to Sister Lucia, formally announcing Heaven's command for the other great act of reparation to the Immaculate Heart of Mary: "The moment has come in which God asks the Holy Father to make, in union with all the bishops of the world, the consecration of Russia to My Immaculate Heart, promising to save it by this means."

Sister Lucia's confessor, Father Gonçalves, tried for seven years to convince the Pope to perform this Consecration, but without success. Seeing the futility of these efforts, Sister Lucia asked Our Lord why He would not convert Russia without the Pope's cooperation. Our Lord's response to her was:

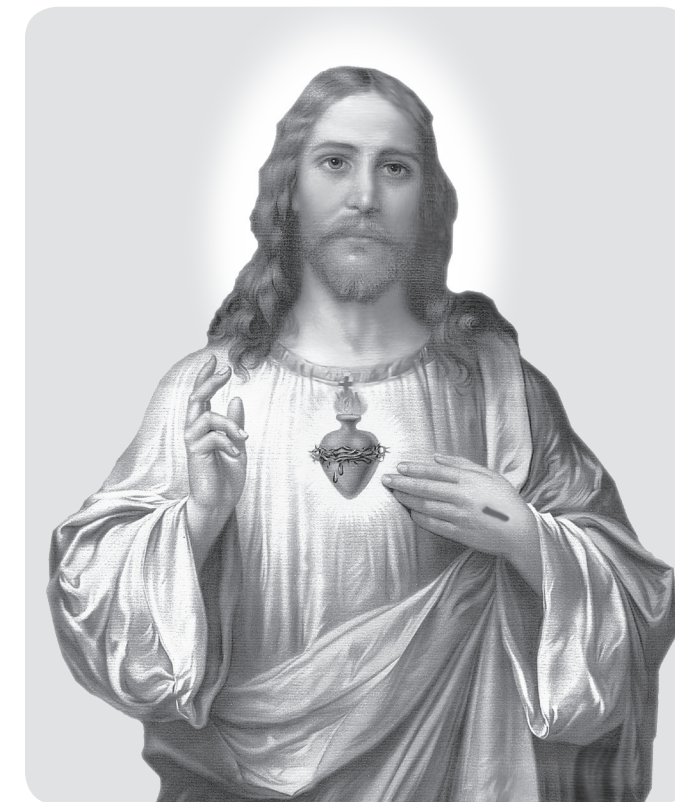
*"Because I want My whole Church to acknowledge that Consecration as a triumph of the Immaculate Heart of Mary, so that later on it will put the Devotion to My Mother's Immaculate Heart beside the Devotion to My Sacred Heart."*

Those who truly love Our Lord Jesus Christ will heed His request, honoring His Mother by practicing the devotion to, and making reparation to, Her Immaculate Heart.

*Sacred Heart of Jesus, have mercy on us.  
Sorrowful and Immaculate Heart of Mary, pray for us.*

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# *THE DEVOTION TO THE SACRED HEART OF JESUS*



***"BEHOLD THIS HEART! which has so loved men as to spare Itself nothing, even to exhausting and consuming Itself, to testify to them Its love, and in return I receive nothing but ingratitude from the greater part of men by the contempt, irreverence, sacrileges, and coldness which they have for Me in this Sacrament of My love."***

(Our Lord to St. Margaret Mary)

**INCLUDED IS OUR LORD'S REQUEST FOR THE DEVOTION TO THE IMMACULATE HEART OF MARY**



**It was Our Lord Jesus Christ Himself Who introduced, and asked for the promotion and practice of this devotion in a series of apparitions over a two-year period beginning in 1673, whereby He revealed to the world His Sacred Heart through Margaret Mary Alacoque, a religious sister of the order of the Visitation of Our Lady, at Paray-le-Monial in Burgundy, France.**

His desire is that we understand His immense love for us, and that through the practice of this devotion we grow in our understanding and love for Him. Our Lord wishes us to recognize and honor all the sentiments of tender love which He has for us in the adorable Sacrament of the Blessed Eucharist – where He is so little known, and so little loved even by those who know Him – by frequent adoration, by acts of thanksgiving and homage, and by reparation for the indignities and outrages to which His love has exposed Him during the course of His mortal life, and to which this same love exposes Him every day in the Blessed Sacrament of the altar.

The devotion to the Blessed Eucharist and the devotion to the Sacred Heart are not separate devotions, but one-and-the same devotion blended together, completing and reciprocally increasing each other. Devotion to one cannot exist exclusive of devotion to the other.

“If we have devotion to the Sacred Heart, we will wish to find It [in order] to adore It and to love It; and where shall we look for It but in the Blessed Eucharist where It is found, eternally living? ... The devotion to the Divine Heart infallibly brings souls to the Blessed Eucharist; and faith in, and devotion to, the Blessed Eucharist necessarily lead souls to discover the mysteries of Infinite Love of which the Divine Heart is the organ and the symbol.” (Extract from the *Book of Infinite Love* by Mother Louise Margaret – footnoted in the book, *The Devotion to the Sacred Heart of Jesus*, by Fr. John Croisset, S.J.)

## **PURPOSE OF THE DEVOTION**

The practice of this devotion to the Sacred Heart will not bear proper fruit without the proper motive, which is essential to the devotion. That motive is love of Jesus Christ and making reparation, as far as in our power, for all the indignities and outrages which Jesus Christ has suffered in the course of the ages and which He still suffers daily in the Blessed Eucharist at the hands of sinful men.

## **FEAST OF THE SACRED HEART (the first Friday after the Feast of Corpus Christi)**

It was during these apparitions to Sister Margaret Mary that Our Lord requested that the Church institute the Feast honoring His Sacred Heart. On this Feast Our Lord asks “that reparation of honor be made to My Heart, that Communion be received on that day to repair the indignities which It has received during the time It has been exposed on the altars; and I promise you that My Heart will expand Itself and pour out in abundance the influences of Its love on those who will render It this honor.”

In order to ensure that we receive these graces promised by our Savior, the greatest of which is the supreme gift of His divine love, this feast day must be spent in honoring the Sacred Heart of Jesus. The following is recommended: that on the day before the feast (the vigil), time be spent reading and recollecting to remind ourselves of the motive we should have and of the dispositions and sentiments which should animate our spiritual exercises with regard to this devotion. If possible visit Our Lord in the Blessed Sacrament and pray the Rosary and other prayers.

**On the feast day**, the whole day should be consecrated to honoring the Sacred Heart of Jesus, and should include going to Mass, receiving Holy Communion, and visiting Our Lord in the Blessed Sacrament. Unnecessary business should be delayed for another day if possible and sacrifices should be offered as reparation by denying ourselves all useless amusement. For religious and others who are able, it is suggested that they endeavor to make with great fervor at least four visits – in addition to the visit for Holy Mass – for a total of five visits to Our Lord in the Blessed Sacrament for the following intentions (if physical visits cannot be made then make spiritual visits): The *first* visit should be to thank Jesus Christ for the infinite love shown in instituting the Blessed Eucharist; the *second* visit to thank Him for all the times we have received Holy Communion, and for all the special blessings that we have there received; the *third* to make acts of reparation for all the outrages which He has received from infidels and heretics; the *fourth*, to make reparation (as far as is in our power) by our profound respect and homage for the irreverences, impieties and sacrileges which our Savior has endured from Catholics; the *fifth*, to adore Jesus Christ in spirit in all the churches where the Blessed Sacrament is present, but neglected and rarely visited or forgotten.

## **The Practice of the Devotion of the First Friday of Each Month**

Our Lord also asked of Sister Margaret Mary that the First Friday of each month be designated as a day consecrated to honoring His Sacred Heart. The dispositions and motives for the First Friday Communion are the same as on the Feast of the Sacred Heart – honoring Our Lord’s Sacred Heart by making reparation for the outrages which He has suffered and still suffers daily in the Blessed Sacrament. The devotional practices for the First Fridays are similar to those for the feast of the Sacred Heart:

- *visiting (or making a spiritual visit to) the Blessed Sacrament the night before, reading and meditating on Our Lord’s Sacred Heart, His love for us, His Passion and death;*
- *on the First Friday offering all our actions to Our Lord and consecrating them to His Sacred Heart;*
- *visiting Our Lord in the Blessed Sacrament (the five visits recommended for the Feast of the Sacred Heart should be made if possible and for the same intentions; if five separate visits are not possible, then a single visit for the five intentions may be made);*
- *going to Confession; assisting at Mass and receiving Our Lord in Holy Communion;*
- *reciting the Act of Reparation to the Sacred Heart and the Act of Consecration to the Sacred Heart;*
- *other suggested means of making reparation by honoring the Sacred Heart of Jesus are praying the Holy Rosary of the Blessed Virgin Mary, praying the Litany of the Sacred Heart, meditating on Our Lord’s Passion and death, giving alms and doing extra penances.*

## **THE GREAT PROMISE OF OUR LORD TO SISTER MARGARET MARY FOR THE NINE FIRST FRIDAYS**

*“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 nine first Fridays of the month, consecutively, the grace of final repentance; they will not die under My displeasure or without receiving their Sacraments, My Divine Heart making Itself their assured refuge at the last moment.”*

The 12 Promises given by Our Lord for those who Honor His Sacred Heart:

1. **I will give them all the graces necessary for their state of life.**
2. **I will establish peace in their families.**
3. **I will console them in all their difficulties.**
4. **I will shed abundant blessings upon all their undertakings.**
5. **Sinners shall find in My Heart a fountain and boundless ocean of mercy.**
6. **Tepid souls shall become fervent.**
7. **Fervent souls shall rise speedily to great perfection.**
8. **I will bless every house in which the image of My Heart shall be exposed and honored.**
9. **I will be their refuge during life and especially at the hour of death.**
10. **I will give to priests the power of touching the hardest hearts.**
11. **Those who propagate this devotion shall have their names written in My Heart never to be blotted out.**
12. **I promise in the excessive mercy of My Heart, that My all-powerful love will grant to all who receive Holy Communion on the first Friday of the month for nine consecutive months, the grace of final penitence; they shall not die in My displeasure nor without their sacraments: My Divine Heart shall be their safe refuge in this last moment.**

## **ACT OF REPARATION TO THE SACRED HEART OF JESUS**

*Published with the Encyclical Miserentissimus Redemptor, May 8, 1928, by His Holiness Pope Pius XI.*

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

Mindful alas! that we ourselves have had a share in such great indignities, which we now deplore from the depths of our hearts, we humbly ask Thy pardon and declare our readiness to