



# Sacred Heart of Jesus

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER** (Standing or kneeling\*) Glory to you, Lord. “Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving.”<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You.<sup>2</sup> Have mercy on us, and be with us today as we contemplate Your Most Sacred Heart.

**INTRODUCE TOPIC & SCRIPTURE** **Galatians 2:20** “I live by faith in the Son of God who has loved me and given himself up for me.”

## BREATH-WORK & GRATITUDE

**BODILY PRAYER VERSE** “Most sweet and merciful Heart of Jesus, grant us peace!”

**MEDITATION** “Jesus, true God and true man, loves the world with a human heart, a heart that serves as a channel for God’s infinite love. Nobody has ever loved us more than Jesus does, nobody ever will love us more. *He loved me, said Saint Paul, and gave himself for me.*”<sup>3</sup> Our Lord said to St. Margaret Mary, “*See this Heart that has loved men so much and has spared itself nothing until it has exhausted itself and consumed itself in order to show them its love.*”

“After Christ ascended into Heaven in His glorified Body, He did not cease to love us. He does not stop calling us now to live always close to His Most loving Heart... We often need to have recourse to His merciful love, and to seek that peace which is one of the fruits given us by the Holy Spirit. The Heart of Jesus is the source and expression of His infinite love for each person, whatever His situation may be. The Lord seeks out each one of us.”<sup>4</sup>

**RESOLUTION** (Re-read Scripture.) Jesus loves me. When I look at the Cross, I can barely comprehend His immense love, because He willingly gave the very last drop of His Blood for me. Am I thankful for this incredible gift? Do I approach Him with confidence because of that love? Do I ask for forgiveness for the times I am unfaithful? Do I turn to His Most Loving heart, where I will find peace? Holy Spirit, come...

*Holy Mary, Mother of Love, make the way that leads us to Your Son both firm and safe.*

**ENDING PRAYER** (Kneeling\*) Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother of Love: **pray for us**; St. Joseph: **pray for us**; St. Margaret Mary (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> In Conversation with God, by Francis Fernandez. Vol. 6:49.1. Scepter Publishers. Used with permission. [www.scepterpublishers.org](http://www.scepterpublishers.org)

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\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

