



Prayers & Hymns  
to the  
Sacred Heart  
of Jesus



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## **Introduction<sup>1</sup>**

In the spirit of deepening devotion to the Most Sacred Heart of Jesus, for this Jubilee Year of Hope, we would like to recommend and offer the following hymns and prayers for use during Eucharistic Adoration. This crusade was inspired by the Holy Father Pope Francis' beautiful Encyclical letter, *Dilexit Nos*, in which he encourages the faithful to renew their devotion to the Sacred Heart of Our Lord Jesus Christ.

These selections beautifully express love, reparation, and trust in the Sacred Heart, drawing the faithful into more profound worship and love of Jesus - hymns and prayers to the Sacred Heart have long been cherished in the Irish Church's tradition and so we hope that these foster reverence and contemplation especially when done in front of Our Lord in the Blessed Sacrament.

We trust that these will enrich moments of prayer and inspire a renewed love for His Most Sacred Heart to those in your communities. Thank you for your dedication to fostering devotion among the faithful. May the Sacred Heart of Jesus bless you and your diocese abundantly.

Suggested Structures for a Holy Hour With Meditation:

- Procession of the ministers  
(with Pilgrim Sacred Heart Statues)
- Exposition of the Blessed Sacrament (and incensation)
- Opening Hymn
- Greeting
- Prayer to begin Holy Hour
- Promises made by Our Lord to St Margaret Mary
- Short meditation
- Period of silent prayer and adoration
- Efficacious Novena to The Sacred Heart
- Options of Rosary decades and selection of prayers intermittently woven with hymns.
- Benediction (Hymn with incensation, Prayer, and Blessing with the Sacrament)
- Reposition
- Concluding Hymn

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<sup>1</sup> This free booklet can be downloaded & printed at: [www.sacredheartcrusade.ie](http://www.sacredheartcrusade.ie)



### **Opening Hymn (Sweet Heart of Jesus)**

Sweet Heart of Jesus! Fount of love and mercy,  
Today we come thy blessings to implore;  
Oh touch our hearts so cold and so ungrateful,  
And make them Lord, thine own for evermore.

#### *Refrain*

Sweet Heart of Jesus! We thee implore,  
Oh, make us love thee, more and more.

Sweet Heart of Jesus! Make us know and love thee.  
Unfold to us the treasures of thy grace.  
That so our hearts, from things of earth uplifted,  
May long alone to gaze upon thy face.

### **Prayer To Begin The Holy Hour**

O Lord Jesus Christ, Who hast promised that wherever two or three shall be gathered together in Thy Name Thou wilt be there in the midst of them, look down with compassion and mercy and love upon us, who are now united before Thee in the lowliness of our hearts, to honour Thy Sacred Heart, and in the desire to make It known and loved by all. Stay in the midst of us, O sweet Jesus, and fill our hearts with Thy blessings, and inflame them with Thy love. Then we will respond in love to the loving flames that we constantly receive from your Heart of love and mercy. Amen.

### **Words Of The Sacred Heart To St Margaret Mary**

*On June 6th, 1675:*

'Behold this Heart which has so loved men that It has spared nothing to testify Its love for them, even to the exhausting and consuming Itself for their sakes; but in return I receive from the greater majority of mankind nothing but ingratitude, through the contempt, irreverences, sacrileges, and coldness with which I am treated in the Sacrament of My love. However, what afflicts Me most is that those who are consecrated to Me do Me this wrong.





## Promises Made By Our Lord Jesus Christ

To St Margaret Mary, in favour of those who practise and promote devotion to His Sacred Heart

1. I will give them all the graces necessary for their state of life.
2. I will give peace to their families.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life, and especially at the hour of death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes in which the image of My Sacred Heart shall be exposed and honoured.
10. I will give priests the power to touch the most hardened hearts.
11. Those who propagate this devotion shall have their name written in My Heart, and it shall never be effaced.
12. I promise thee, in the excess of the 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 under My displeasure, nor without receiving their Sacraments, and My Heart shall be their secure refuge at that last hour.

Such great promises should motivate and inspire our faith to live ever more in the Sacred Heart, so as to become love. Again Pope Francis tells us in his encyclical letter on the Sacred Heart, “Everything finds its unity in the heart, which can be the dwelling-place of love in all its spiritual, mental and even physical dimensions. In a word, if love reigns in our heart, we become, in a complete and luminous way, the persons we are meant to be, for every human being is created above all else for love. In the deepest fibre of our being, we were made to love and to be loved



## Short Meditation

St John tells us in his first letter that we should try to love God: because God has first loved us. In this hour Lord, we wish to enter into Your Sacred Heart, to shut the world outside that often makes our hearts feel tired, so tired that it makes the strife seem endless. Day after day the restlessness of the hustle and bustle of modern day living easily makes life feel wearisome for us. Your Sacred Heart invites us to come to lay our burdens down at Your feet, to place all that oppresses us in Your Sacred Heart and to shut the world outside. Let us enter into Your Divine Heart, O Lord, to spend this hour with You, as we seek to make atonement with our acts of faith, hope, love, and acts of amendment. In this way we make up, as much as is in our power to do so, for the ingratitude and coldness of which You complained. As we make our offerings to You, O Sacred Heart, we ask that You unite our hearts with Yours. We need this union for this is where all hearts are renewed, in ‘a heart to Heart encounter with Christ’. This is what Pope Francis says we are to have in this Jubilee Year (*Dilexit Nos*) and he says that ‘instead of running after superficial satisfactions and playing a role for the benefit of others, we would do better to think about the really important questions in life. Who am I, really? What am I looking for? What direction do I want to give to my life, my decisions and my actions? Why and for what purpose am I in this world? How do I want to look back on my life once it ends? What meaning do I want to give to all my experiences? Who do I want to be for others? Who am I for God? All these questions lead us back to the heart’ (p.8); ‘...the heart makes all authentic bonding possible, since a relationship not shaped by the heart is incapable of overcoming the fragmentation caused by individualism. Two monads may approach one another, but they will never truly connect. A society dominated by narcissism and self-centredness will increasingly become “heartless”. This will lead in turn to the “loss of desire”, since as other persons disappear from the horizon we find ourselves trapped within walls of our own making, no longer capable of healthy relationships. As a result, we also become incapable of openness to God. As Heidegger puts it, to be open to the divine we need to build a “guest house” (17); ‘The heart is also capable of unifying and harmonizing our personal history, which may seem hopelessly fragmented, yet is the place where everything can make sense. The Gospel tells us this in speaking of Our Lady, who saw things with the heart. She was able to dialogue with the things she experienced by pondering them in her heart, treasuring their memory and viewing them in a greater perspective. The best expression of how the heart thinks is found in the two passages in Saint Luke’s Gospel that speak to us of how Mary “treasured (*synetérei*) all these things and pondered (*sybállousa*) them in her heart” (cf. *Lk* 2:19 and 51). The Greek verb *sybálllein*, “ponder”, evokes the image of putting two things together (“symbols”) in one’s mind and reflecting on them, in a dialogue with oneself. In Luke 2:51, the verb used is *dietérei*, which has the sense of “keep”. What Mary “kept” was not only her memory of what she had seen and heard, but also those aspects of it that she did not yet understand; these nonetheless remained present and alive in her memory, waiting to be “put together” in her heart’ (19).

*Encyclical Letter ‘Dilexit Nos’ of the Holy Father Pope Francis  
(On The Human And Divine Love Of The Heart Of Jesus Christ)*

## **First Joyful Mystery: The Annunciation**

### **Hymn (Heart of Jesus)**

Heart of Jesus, heart of Jesus,  
Burning with love for me;  
Inflame my heart, inflame my heart,  
With love, with love for Thee (x2)

### **Efficacious Novena to the Sacred Heart**

I. O my Jesus, You have said: “Truly I say to you, ask and it will be given you, seek and you will find, knock and it will be opened to you.” Behold I knock, I seek and ask for the grace of Faith [*and mention your intention*]

***Our Father... Hail Mary... Glory be to the Father...  
Sacred Heart of Jesus, I place all my trust in You.***

II. O my Jesus, You have said: “Truly I say to you, if you ask any thing of the Father in My Name, He will give it to you.” Behold, in Your Name, I ask the Father for the grace of Hope [*and mention your intention*]

***Our Father... Hail Mary... Glory be to the Father...  
Sacred Heart of Jesus, I place all my trust in You.***

III. O my Jesus, You have said: “Truly I say to you, heaven and earth will pass away but My words will not pass away.” Encouraged by your infallible, holy words I now ask for the grace of Charity [*and mention your intention*]

***Our Father... Hail Mary... Glory be to the Father...  
Sacred Heart of Jesus, I place all my trust in You.***

O Sacred Heart of Jesus, for Whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of You, through the Sorrowful and Immaculate Heart of Mary, Your tender Mother and ours.

***Hail, Holy Queen...  
St Joseph, foster father of Jesus, pray for us (x3)***

*This prayer was recited daily by St Padre Pio  
who recommended it to everyone*





### **Acts of Faith and Love before the Blessed Sacrament**

O Heart of Jesus! deign to grant me an increase of faith in Thee; a strong faith, to realise Thee; a loving faith, to appreciate Thee; a trusting faith, to turn to Thee in every want and every sorrow.

O Lord God of Glory, I believe in Thy Word;

**R. I believe, Lord help my unbelief**

I believe in Thy presence on the Altar; **R.**

Behind the whiteness of the Sacred Host I see the most beautiful of the sons of men; **R.**

I see Him in Whom the Father was well pleased; **R.**

I see the Son of God and the Son of Mary; **R.**

I see Jesus of the Loving Heart, whose love for us was unrequited; **R.**

I see the Man of Sorrows, Who sweated blood for me, Who was scourged, crowned with thorns, and mocked for me, Who was unjustly crucified, as if He were an imposter; **R.**

I see the King of Majesty and Glory; **R.**

O God of Truth, I believe in Thy promise to help me, when I come to Thee in labour and heavy-burdened; **R.**

I believe, O God, in Thy Heart's love, in Its prodigal, mysterious love, in Its mother-like, merciful love, in Its individual, infinite, God-like love, in Its wistful, unrequited love, in the burning love of Thy Sacred Heart, **R.**

#### *Let us pray*

Dearest Lord and Master, I believe in the love of Thy Sacred Heart, and desire to cherish It and honour It as It deserves. I believe, even as St Peter and the Apostles believed, and like them I cry to Thee; 'Lord, to whom shall we go but to Thee. Thou hast the words of eternal life. For we have known that Thou art the Christ, the Son of God. Lord, I believe: help my unbelief!'



### **Hymn (To Jesus' Heart, all..)**

To Jesus' Heart, all burning With fervent love for men,  
My heart with fondest yearning Shall raise its joyful strain.

#### *Refrain*

While ages course along,  
Blest be with the loudest song  
The Sacred Heart of Jesus  
By ev'ry heart and tongue!

Too true I have forsaken  
Thy love by wilful sin;  
Yet now let me be taken  
Back by Thy grace again.

### **Act of Confidence in God**

*by St Claude de la Colombiere, S.J.*

O sweet and tender Providence of my God; into Thy Hands I commend my spirit; to Thee I abandon my hopes and fears, my desires and dislikes, my temporal and eternal prospects. To Thee I commit the wants of my perishable body; to Thee I commit the more precious interests of my immortal soul. Though my faults are many, my misery great, my spiritual poverty extreme, my hope in Thee surpasses all.

Though temptations should assail me, I will hope in Thee; though I should break my resolutions. I will look to Thee confidently for grace to keep them at last. Though difficult trials may come, even then I will trust in Thee; for Thou art my Father, my God, the support of my salvation. Thou art my kind, my tender and indulgent Parent, and I am Thy loving child. I put my trust in Thee, and so trusting, shall not be confounded. Amen.

### **Prayer to the Sacred Heart**

O Most Sacred Heart of Jesus! O fount of every good! I adore Thee, I love Thee, and I repent sincerely of my sins. I offer Thee my poor heart. Do Thou make it humble, patient, pure and in all things conformed to Thy will. Grant that I may live in Thee, and die for Thee. Protect me in dangers, console me in afflictions! grant me health of body, succour in my temporal needs, Thy blessing upon all my works, and the grace of a happy death.

### **Jesus Asks For Atonement**

'The ingratitude of men afflicts Me more than all I suffered in My Passion. If they did in some measure requite My love, I should count as nothing all I did for them, and if possible I would suffer still more for them; but they have nothing but coldness and rebuffs in return for all My eagerness to do them good . . . 'This love, forgotten and disregarded, asks for reparation. 'Do thou, at least, make Me atonement for men's ingratitude as far as thou art able. (*Words spoken by the Sacred Heart to St Margaret Mary.*)

### **Act of Atonement**

O Jesus of the Loving Heart, we wish to make atonement for all our own ingratitude and for that cold ingratitude of mankind.

### **Litany of the Sacred Heart as an Act of Atonement**

Jesus in the Most Adorable Sacrament, *R: In flame my heart with love of Thee*  
Sacred Heart of my Friend, **R.**

Heart of my Saviour, **R.**

Heart of my God. **R.**

Heart of the unrequited love, **R.**

Heart of the wistful love, **R.**

Because of Thy infinite loveliness, **R.**

Because of Thy sweetness and meekness, **R.**

Because of Thy goodness and mercy, **R.**

Because Thou know all about me, and still love me. **R.**

Because Thou hast done so much for me. **R.**

Because Thou ask so little in return, **R.**

Because of my past ingratitude, **R.**

Because Thy love has met with coldness and rebuffs, **R.**

Because Thou wert wounded by my iniquities, **R.**

For the gift of Thy Body and Blood. **R.**

For Thy loving desire to be united to me, **R.**

For Thy wonderful condescension, **R.**

For the graces and blessings Thou bestow on me, **R.**

In spite of my insincerity and selfishness, **R.**

In spite of my coldness and fickleness, **R.**

In spite of my worthlessness. **R.**

Heart of Jesus, burning with love of me, **R.**

### *Let Us Pray*

O Jesus of the Loving Heart, inflame my heart with love of Thee, so that I may love Thee in all, and through all and above all, and in spite of all. Help me to return love for love, so that my whole life may make reparation to the unrequited love of Thy Sacred Heart. Amen.



**First Sorrowful Mystery:  
-The Agony in the Garden.**

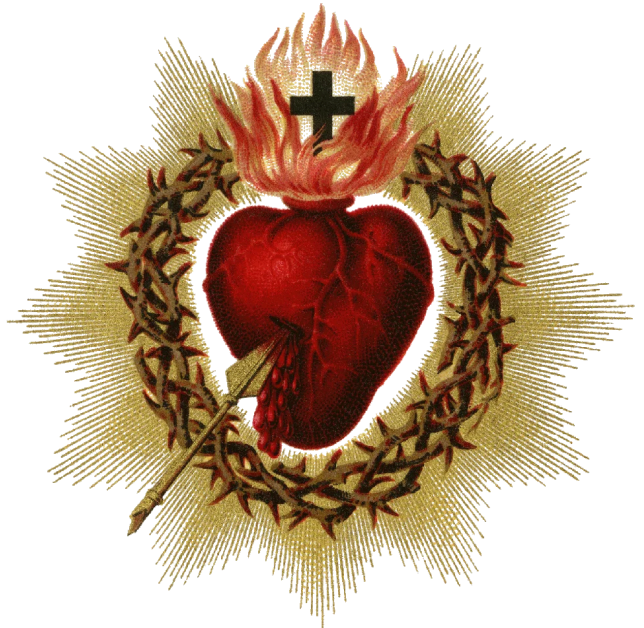
**Hymn (Jesus, my Lord, my God)**

Jesus, my Lord, my God, my All,  
How can I love thee as I ought?  
And how revere this wondrous gift,  
So far surpassing hope or thought?

Sweet Sacrament, we thee adore;  
Oh, make us love thee more and more.  
Oh, make us love thee more and more.

Had I but Mary's sinless heart  
with which to love thee, dearest King,  
Oh, with what ever fervent praise  
Thy goodness, Jesus, would I sing.

Sweet Sacrament, we thee adore;  
Oh, make us love thee more and more.  
Oh, make us love thee more and more.



**Act of Amendment**

O Jesus of the Loving Heart, what can I do to make amends to Thy unrequited Love? How can I repair the neglect and ingratitude of the misspent years? Be so gracious Lord as to show me what You desire of me.

(Pause a moment, listen to Jesus; He will tell you what He wishes of you.)

I am weak and changeable, O Loving Jesus, but my heart is ready, and I beg Thee to accept my sincere desire to atone for the past and to make some return for all Thy tender mercies. Most loving Jesus, out of the grateful love I bear Thee, and to make reparation for my unfaithfulness to grace, I (N.N.) give Thee my heart, and I consecrate myself wholly to Thee; and with Thy help I purpose never to sin again.

**Act of Adoration**

O Jesus, humbly kneeling in Thy presence, and united with all the faithful on earth and the Saints in Heaven, I adore Thee, true God and true man, here present in the Holy Eucharist. Grateful even to the very depth of my soul I love Thee with my whole heart, O Jesus, Who are infinitely perfect and infinitely lovable. Enrich me with Thy grace, so that I may never in any way offend Thee; and, thus strengthened here on earth by Thy Eucharistic Presence, may I merit to enjoy with Mary Thy eternal and blessed presence in Heaven.

### **St. Margaret Mary's Personal Act of Consecration to the Sacred Heart**

O Sacred Heart of Jesus, to Thee I consecrate and offer up my person and my life, my actions, trials, and sufferings, that my entire being may henceforth only be employed in loving, honouring and glorifying Thee. This is my irrevocable will, to belong entirely to Thee, and to do all for Thy love, renouncing with my whole heart all that can displease Thee. I take Thee, O Sacred Heart, for the sole object of my love, the protection of my life, the pledge of my salvation, the remedy of my frailty and inconstancy, the reparation for all the defects of my life, and my secure refuge at the hour of my death. Be Thou, O Most Merciful Heart, my justification before God Thy Father, and screen me from His anger which I have so justly merited. I fear all from my own weakness and malice, but placing my entire confidence in Thee, O Heart of Love, I hope all from Thine infinite Goodness. Annihilate in me all that can displease or resist Thee. Imprint Thy pure love so deeply in my heart that I may never forget Thee or be separated from Thee. I beseech Thee, through Thine infinite Goodness, grant that my name be engraved upon Thy Heart, for in this I place all my happiness and all my glory, to live and to die as one of Thy devoted servants. Amen.

### **Consecration of the Family to the Sacred Heart of Jesus**

Sacred Heart of Jesus, You made clear to Saint Margaret Mary Your desire of being King in Christian families. We today wish to proclaim Your most complete kingly dominion over our own family. We want to live in the future with Your life. We want to cause to flourish in our midst those virtues to which You have promised peace here below. We want to banish far from us the spirit of the world which has nothing in common with you. You shall be King over our minds in the simplicity of our faith, and over our hearts by the wholehearted love with which they shall burn for You, the flame of which we will keep alive by the frequent reception of Your divine Eucharist. Be so kind, O divine Heart, as to preside over our assemblies, to bless our enterprises, both spiritual and temporal, to dispel our cares, to sanctify our joys, and to alleviate our sufferings. If ever one or other of us should have the misfortune to afflict You, remind him, O Heart of Jesus, that You are good and merciful to the penitent sinner. And when the hour of separation strikes, when death shall come to cast mourning into our midst, we will all, both those who go and those who stay, be submissive to Your eternal decrees. We shall console ourselves with the thought that a day will come when the entire family, reunited in heaven, can sing forever Your glories and Your mercies. May the Immaculate Heart of Mary and the glorious patriarch Saint Joseph present this consecration to You, and keep it in our minds all the days of our life. All glory to the Heart of Jesus, our King and our Father!

## Benediction

(Hymn with incensation, Prayer and Blessing with the Sacrament)

### Tantum ergo Sacramentum

Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Præstet fides supplementum  
Sensuum defectui.  
Genitori, Genitoque  
Laus et iubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.

*The priest sings or says:*  
Panem de caelo praestitisti eis.

*Response:*  
Omne delectamentum in se habentem.

*Standing, the priest sings or says:*  
Oremus

Deus qui nobis sub Sacramento mirabili.  
passionis tuae memoriam reliquisti;  
tribue, quaesumus, ita mos Corporis et  
Sanguinis tui sacra mysteria venerari,  
ut redemptionis tuae fructum  
in nobis iugiter sentiamus.  
Qui vivis et regnas in saecula saeculorum.

*Response:*  
Amen.

*The priest sings or says:*  
You have given them Bread from heaven.

*Response:*  
Containing in itself all sweetness.

*Standing, the priest sings or says:*  
Let us pray,

O God, who in this wonderful Sacrament  
left us a memorial of Your passion;  
we ask that we may honour  
the sacred mysteries of Your Body and Blood,  
so that we may feel continually within us  
the fruit of Your redemption.  
You who live and reign for ever and ever.

*Response:*  
Amen.

### *The Blessing*

**After this prayer the priest puts on the humeral veil. Then he genuflects and makes the sign of the cross over the people with the Monstrance.**



## **The Divine Praises**

*(each Praise repeated after the Priest)*

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the Name of Jesus.

Blessed be His most Sacred Heart.

Blessed be His most precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be The Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary Most Holy.

Blessed be her Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

## **Reposition of the Blessed Sacrament**



*The Holy Father Pope Francis opens the Holy Doors for the Jubilee Year of 2025*

### **The Jubilee Prayer**

Father in Heaven,  
may the faith You have given us  
in Your son, Jesus Christ, our brother,  
and the flame of charity enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the blessed hope  
for the coming of Your Kingdom.

May Your grace transform us  
into tireless cultivators of the seeds of the Gospel.  
May those seeds transform from within both humanity and the whole cosmos  
in the sure expectation  
of a new heaven and a new earth,  
when, with the powers of Evil vanquished,  
Your glory will shine eternally.

May the grace of the Jubilee  
reawaken in us, Pilgrims of Hope,  
a yearning for the treasures of heaven.  
May that same grace spread  
the joy and peace of our Redeemer  
throughout the earth.  
To You our God, eternally blessed,  
be glory and praise for ever.

Amen

### **Concluding Hymn (Lady of Knock)**

There were people of all ages,  
Gathered round the gable wall  
Poor and humble men and women,  
Little children that you called  
We are gathered here before you,  
And our hearts are just the same  
Filled with joy at such a vision,  
As we praise your name.

*Golden Rose, Queen of Ireland,  
All my cares and troubles cease  
As I kneel with love before you,  
Lady of Knock, my Queen of Peace.*

Oh, your message was unspoken,  
But the truth in silence lies  
So I gaze upon your vision,  
And the truth I try to find  
Here I stand, with John the teacher,  
And with Joseph at Your side  
And I see the Lamb of God,  
On the altar glorified.

*Golden Rose, Queen of Ireland,  
All my cares and troubles cease  
As I kneel with love before you,  
Lady of Knock, my Queen of Peace.*

And the lamb will conquer,  
And the woman clothed in the sun  
Will shine her light on everyone,  
Yes, the lamb will conquer,  
And the woman clothed in the sun,  
Will shine her light on everyone.

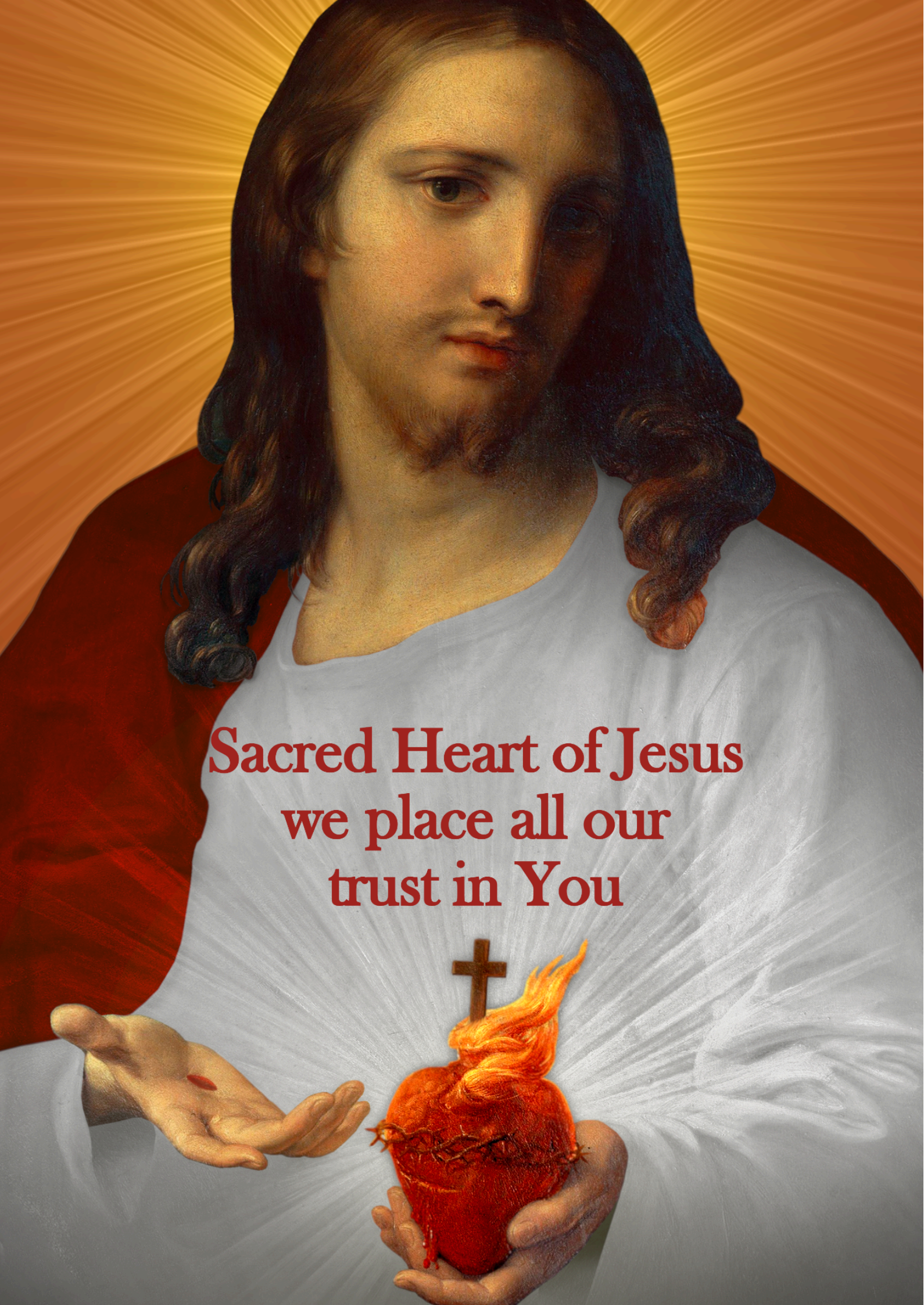
*Golden Rose, Queen of Ireland,  
All our cares and troubles cease  
As we kneel with love before you,  
Lady of Knock, our Queen of Peace  
Lady of Knock, our Queen of Peace.*





**This free booklet can be downloaded & printed at:  
[www.sacredheartcrusade.ie](http://www.sacredheartcrusade.ie)**





**Sacred Heart of Jesus**  
we place all our  
trust in You