



An Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.



SACRED HEART
OF JESUS



First Friday Devotions to the Sacred Heart of Jesus

Litany of the Sacred Heart of Jesus

Lord, have mercy. *Lord, have mercy.*
Christ, have mercy. *Christ, have mercy.*
Lord, have mercy. *Lord, have mercy.*
Christ, hear us. *Christ, hear us.*
Christ, graciously hear us. *Christ, 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 in the womb of the Virgin Mother by the Holy Ghost, *have mercy on us.*
Heart of Jesus, united substantially with the word of God, *have mercy on us.*
Heart of Jesus, of infinite majesty, *have mercy on us.*
Heart of Jesus, holy 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, glowing furnace of charity, *have mercy on us.*
Heart of Jesus, vessel 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 the treasures of wisdom and knowledge, *have mercy on us.*
Heart of Jesus, in whom dwelleth all the fullness of the Divinity, *have mercy on us.*
Heart of Jesus, in whom the Father is 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 the everlasting hills, *have mercy on us.*
Heart of Jesus, patient and rich in mercy, *have mercy on us.*

Heart of Jesus, rich to all who invoke Thee, *have mercy on us.*
Heart of Jesus, fount of life and holiness, *have mercy on us.*
Heart of Jesus, propitiation for our sins, *have mercy on us.*
Heart of Jesus, saturated with revilings, *have mercy on us.*
Heart of Jesus, crushed for our iniquities, *have mercy on us.*
Heart of Jesus, made 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 our sins, *have mercy on us.*
Heart of Jesus, salvation of those who hope in Thee, *have mercy on us.*
Heart of Jesus, hope of those who die in Thee, *have mercy on us.*
Heart of Jesus, delight of all saints, *have mercy on us.*
Lamb of God, who takes away the sins of the world, *spare us, O Lord.*
Lamb of God, who takes away the sins of the world, *graciously hear us, O Lord.*
Lamb of God who takes away the sins of the world, *have mercy on us.*

Jesus, meek and humble of Heart. Make our hearts like unto Thine.

Let us pray:

Almighty and everlasting God, look upon the Heart of Thy well-beloved Son and upon the acts of praise and satisfaction which He renders unto Thee in the name of sinners; and do Thou, in Thy great goodness, grant pardon to them who seek Thy mercy, in the name of the same Thy Son, Jesus Christ, who lives and reigns with Thee, for ever and ever. Amen.



**SACRED HEART
OF JESUS**



First Friday Devotions to the Sacred Heart of Jesus

Prayer of Consecration to the Sacred Heart of Jesus

I (N.), give and consecrate to the Sacred Heart of our Lord Jesus Christ, my person, my life, my actions, my pains and sufferings, so that I may be unwilling to make use of any part of my being save to honor, love, and glorify the Sacred Heart. It is my unchanging intention to be all His and to do all for love of Him. I renounce, at the same time, with all my heart whatever can displease Him.

I, therefore, take You, O Sacred Heart, for the only object of my love, the protector of my life, the pledge of my salvation, the remedy of my weakness and inconstancy, the atonement for the faults of my life, and the secure refuge at the hour of my death.

Be then, O Heart of goodness, my justification before God the Father, and turn away from me the punishment of His just anger. O Heart of love, I put my confidence in You, because I fear everything from my own sinfulness and weakness. I hope for all things from Your mercy and generosity.

Destroy in me all that can displease or resist Your holy Will. Let Your pure love impress You so deeply upon my heart that I may never forget You or be separated from You. May my name, by your loving kindness, be written In You, because in You I desire to place all my happiness and all my glory in living and dying in very bondage to You.



SACRED HEART
OF JESUS



First Saturday Devotions to the Immaculate Heart of Mary

Litany of the Blessed Mother

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, 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.

Holy Mary, pray for us.

Holy Mother of God, pray for us.

Holy Virgin of virgins, pray for us.

Mother of Christ, pray for us.

Mother of divine grace, pray for us.

Mother most pure, pray for us.

Mother most chaste, pray for us.

Mother inviolate, pray for us.

Mother undefiled, pray for us.

Mother most amiable, pray for us.

Mother most admirable, pray for us.

Mother of good counsel, pray for us.

Mother of our Creator, pray for us.

Mother of our Savior, pray for us.

Virgin most prudent, pray for us.

Virgin most venerable, pray for us.

Virgin most renowned, pray for us.

Virgin most powerful, pray for us.

Virgin most merciful, pray for us.

Virgin most faithful, pray for us

Mirror of justice, pray for us.

Seat of wisdom, pray for us.

Cause of our joy, pray for us.

Spiritual vessel, pray for us.

Vessel of honor, pray for us.

Singular vessel of devotion, pray for us.

Mystical rose, pray for us.

Tower of David, pray for us.

Tower of ivory, pray for us.

House of gold, pray for us.

Ark of the covenant, pray for us.

Gate of heaven, pray for us.

Morning star, pray for us.

Health of the sick, pray for us.

Refuge of sinners, pray for us.

Comforter of the afflicted, pray for us.

Help of Christians, pray for us.

Queen of Angels, pray for us.

Queen of Patriarchs, pray for us.

Queen of Prophets, pray for us.

Queen of Apostles, pray for us.

Queen of Martyrs, pray for us.

Queen of Confessors, pray for us.

Queen of Virgins, pray for us.

Queen of all Saints, pray for us.

Queen conceived without original sin, pray for us.

Queen assumed into heaven, pray for us.

Queen of the most holy Rosary, pray for us.

Queen of Peace, pray for us.

Lamb of God, who take away the sins of the world, spare us, O Lord.

Lamb of God, who take away the sins of the world,
graciously hear us, O Lord.

Lamb of God, who take away the sins of the world, have mercy on us.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Grant, we beg you, O Lord God, that we, your servants, may enjoy lasting health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enter into the joy of eternal happiness.

Through Christ our Lord. Amen.