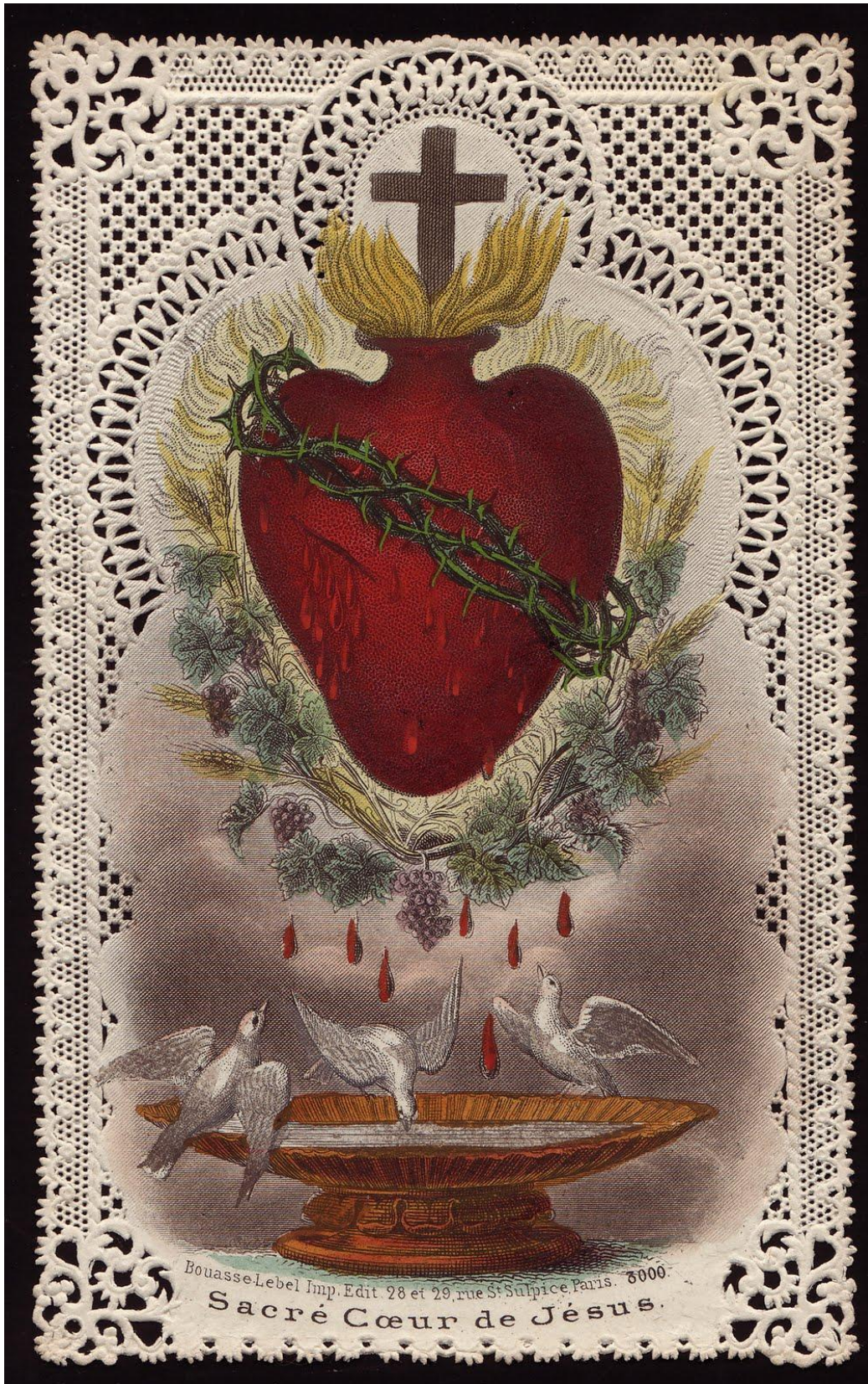


Holy Hour of Reparation to the Sacred Heart of Jesus



**for Neglect of and Negligence in
Priestly and Religious Vocations**



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Sacré Cœur de Jésus.

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The holy hour is divided into three parts:

1. The first 30 minutes: Prayer of Intention and Prayers of Gratitude to God
2. Next 30 minutes: Prayers of Reparation to the Sacred Heart
3. An additional 3-5 minutes: Prayers of Petition

The holy hour can be done during exposition of the Blessed Sacrament, in front of the tabernacle, or at home for the home bound (If possible, the preferred time is between the hours of 9pm and 5am because this is when our Lord is most offended.)

This holy hour should be prayed once a week for nine consecutive weeks.

Part 1: Prayer of Intention and Prayers of Gratitude

Prayer for the Intention of this Holy Hour

O Mary, who accompanied your Son during His sacrifice upon the Cross, I humbly ask thee to present thy tears and thy sorrows that thou underwent during the Passion to thy Son's Sacred Heart in reparation for the neglect of and negligence in priestly and religious vocations. In turn, Queen of Confessors, I offer thee this hour of reparation so that thou may purify it and present it to thy Son in reparation for these offenses and for our failure to pray and do penance for priests and religious so that they may fulfill their vocations and accomplish the duties of their state. I offer this hour to make amendment to thy Immaculate Heart, which, with burning charity, loves those who have accepted their vocations but who daily suffer insults from the world and even those from within the Church. Queen of the Clergy, we beg thee to petition thy Son for all of the graces necessary for those who are discerning their vocations lest they neglect them. Amen.

Prayers of Gratitude

Our Beloved Mother, I thank thee for the graces that thou hast given to the priests and religious throughout the world whose daily sacrifices are the means of our sanctification. Amen.

Oh my soul, bless the Lord, and everything within me, bless His Holy Name, and forget not my soul, the favors He has bestowed upon me.

Prayers of gratitude are prayers of thanksgiving to God for all that He is, all that He has created, and all that He has done, not only for us, but for all.

A Sample Format that may be followed for additional prayers of gratitude:

Thank Our Lord for one or more specific attributes of God, Our Lady, etc., or for gifts we have received, followed by a short prayer. This format is repeated over the 30 minute period.

Short List of Gifts to Show Gratitude For

These are broad general categories; much can be expanded and detailed.

- Attributes and excellence of God
- Three Divine Persons in His Trinity, Father, Son, and Holy Ghost
- Jesus in His Nativity
- His Passion, Death, and Resurrection
- His Ascension
- Our Redemption
- His Justice and Mercy
- All of His attributes in each Person and as One.
- His creation
- The world
- The heavens
- The angels
- Our Blessed Mother
- Her Immaculate Conception
- Her perpetual virginity
- Her life, death and Assumption
- All she did in this world
- All She does as Queen of Heaven
- All She does as our heavenly mother
- All Her attributes, such as Her perfections
- Her Immaculate Heart
- Her purity
- Her humility
- Her charity
- The Saints
- Their virtues and examples
- All He has done through them
- For ourselves
- His Church
- The sacraments
- The sacraments we have received, especially Baptism.
- All He has done through us, especially leading others to God.

- All of our temporal gifts
- Our guardian angels
- Our family, friends, priests, etc.
- All God has given them
- All God does through them
- All of our spiritual gifts, and favors granted
- Prayer, especially mental prayer and contemplation
- Detachment from things of the world
- Adversity and all of our crosses

Short Prayers of Gratitude

Below are several short prayers which may be offered, although any other heartfelt prayers will also please Our Lord:

- **G**lory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be world without end. Amen. (Gloria Patri)
- **B**lessed be the Name of the Lord!
- **A**bide with me, O Lord, be Thou my true joy.
- **B**lessing and glory and wisdom and thanksgiving, honor, might and power be unto our God forever and ever.
- **E**ternal God, Thou showeth us Thy perfections through Thy creation.
- **A**ll through Thee, with Thee, and in Thee, O my God!
- **L**ord I am nothing, but although nothing, I adore Thee.
- **B**lessed be Jesus and His most pure mother!
- **J**esus, grant that I may be Thine, wholly Thine, forever Thine.
- **I** adore Thee every moment, O living Bread from Heaven, Great Sacrament.
- **H**ail O Cross, our only hope!
- **J**esus, meek and humble of heart, make our hearts like unto Thine.
- **G**lory, love and thanksgiving be to the Sacred Heart of Jesus.
- **S**acred Heart of Jesus, I give myself to Thee through Mary.
- **B**efore the angels I will sing praise unto Thee, O my God!
- **M**y God I love Thee.
- **G**od grant him/her peace and joy in this world and eternal happiness in the next!
- **E**ternal Father, I give Thee my most humble thanks and gratitude for these.

Part 2: Prayers of Reparation

Please pray the Act of Reparation to the Sacred Heart and Prayer to the Sacred Heart for Priests (below).

Any additional prayers to the Sacred Heart may follow. Examples are provided. Other prayers can be found in *The Devotion to the Sacred Heart of Jesus: How to Practice the Sacred Heart Devotion*, Rev. Fr. John Croiset, and other devotional books and Catholic prayer books.

Act of Reparation (Actus Reparationis)

A partial indulgence is granted to those who recite this prayer. A plenary indulgence is granted if it is publicly recited on the feast of the Most Sacred Heart of Jesus. This prayer was prescribed to be recited on this feast by Pope Pius XI .

IESU dulcissime, cuius effusa in
homines caritas, tanta oblivione,
negligentia, contemptione, ingratissime
rependitur, en nos, ante altaria tua
provoluti, tam nefariam hominum
socordiam iniuriasque, quibus undique
amantissimum Cor tuum afficitur,
peculiari honore resarcire contendimus.

Attamen, memores tantae nos quoque
indignitatis non expertes aliquando
fuisse, indeque vehementissimo dolore
commoti, tuam in primis misericordiam
nobis imploramus, paratis, voluntaria
expiatione compensare flagitia non
modo quae ipsi patravimus, sed etiam
illorum, qui, longe a salutis via
aberrantes, vel te pastorem ducemque
sectari detrectant, in sua infidelitate
obstinati, vel baptismatis promissa
conculcantes, suavissimum tuae legis
iugum excusserunt.

MOST sweet Jesus, whose
overflowing charity for men is
requited by so much forgetfulness,
negligence and contempt, behold us
prostrate before Thee, 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 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 promises of their
baptism, have cast off the sweet
yoke of Thy law.

Quae deploranda crimina, cum universa
expiare contendimus, tum nobis singula
resarcienda proponimus: vitae
cultusque immodestiam atque
turpitudines, tot corruptelae pedicas
innocentium animis instructas, dies
festos violatos, execranda in te tuosque
Sanctos iactata maledicta atque in tuum
Vicarium ordinemque sacerdotalem
convicia irrogata, ipsum denique amoris
divini Sacramentum, vel neglectum vel
horrendis sacrilegiis profanatum,
publica postremo nationum delicta,
quae Ecclesiae a te institutae iuribus
magisterioque reluctantur.

Quae utinam crimina sanguine ipsi
nostro eluere possemus! Interea ad
violatum divinum honorem
resarciendum, quam Tuolim Patri in
Cruce satisfactionem obtulistiquamque
quotidie in altaribus renovare pergis,
hanc eandem nos tibi praestamus, cum
Virginis Matris, omnium Sanctorum,
piorum quoque fidelium expiationibus
coniunctam, ex animo spondentes, cum
praeterita nostra aliorumque peccata ac
tanti amoris incuriam firma fide,
candidis vitae moribus, perfecta legis
evangelicae, caritatis potissimum,
observantia, quantum in nobis erit,
gratia tua favente, nos esse
compensaturos, tum iniurias tibi
inferendas pro viribus prohibituos, et
quam plurimos potuerimus ad tui

We are now resolved to expiate each
and every deplorable outrage
committed against Thee; we are now
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 holydays, 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
crimes of nations who resist the
rights and teaching authority of the
Church which Thou hast founded.

Would that 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 once
made to Thy Eternal Father on the
cross and which Thou continuest 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 unswerving faith, of purity
of conduct, of perfect observance of
the precepts of the Gospel and

sequelam convocatuos.

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.

Excipias, quaesumus, benignissime Iesu, beata Virgine Maria Reparatrice intercedente, voluntarium huius expiationis obsequium nosque in officio tuique servito fidissimos ad mortem usque velis, magno illo perseverantiae munere, continere, ut ad illam tandem patriam perveniamus omnes ubi Tu cum Patre et Spiritu Sancto vivis et regnas in saecula saecularum. Amen.

O loving Jesus, through the intercession of the Blessed Virgin Mother, 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 all one day come to that happy home, where with the Father and the Holy Spirit Thou livest and reignest, God, forever and ever. Amen.

Prayer to the Sacred Heart for Priests

Remember, O most loving Heart of Jesus, that they for whom I pray are those for whom You prayed so earnestly the night before Your death. These are they to whom You look to continue with You in Your sorrows when others forsake You, who share Your griefs and have inherited Your persecutions, according to Your word: That the servant is not greater than his Lord. Remember, O Heart of Jesus, that they are the objects of the world's hatred and Satan's deadliest snares. Keep them then, O Jesus, in the safe citadel of Your Sacred Heart and there let them be sanctified in truth. May they be one with You and one among themselves, and grant that multitudes may be brought through their word to believe in You and love You.

Optional Prayers to the Sacred Heart

Renewal of the Consecration of the Family

Most sweet Jesus, humbly kneeling at Thy feet, we renew the consecration of our family to Thy Divine Heart. Be Thou our King forever! In Thee we have full and entire confidence. May Thy spirit penetrate our thoughts, our desires, our words and our works. Bless our undertakings, share in our joys, in our trials and in our labors. Grant us to know Thee better, to love Thee more, and to serve Thee without faltering. By the Immaculate Heart of Mary, Queen of Peace, set up Thy kingdom in our country. Enter closely into the midst of our families and make them Thine own through the solemn enthronement of Thy Sacred Heart, so that soon one cry may resound from home to home: "May the triumphant Heart of Jesus be everywhere loved, blessed and glorified forever!" Honor and glory to the Sacred Hearts of Jesus and Mary!

Act of Love to the Sacred Heart

O most loving Heart of my only love, Jesus, not being able to love, honor, and glorify Thee according to the extent of the desire which Thou hast given me to do so, I invite Heaven and earth to join with me; I unite myself with the burning Seraphim to love Thee. O Heart all burning with love, mayest Thou inflame Heaven and earth with Thy most pure flames and consume all that they contain, in order that all creatures may breathe only by Thy love! Grant me either to die or to suffer, or at least change me completely and make me all heart in order to love Thee, consuming myself in Thy burning ardor. O divine fire, O all pure flames of the Heart of my only love, Jesus, burn me without pity, consume me and I will not resist. Oh! why dost Thou spare me since I deserve only fire and since I am fit only for burning? O Love of Heaven and earth, come, come, into my heart and inflame me! O devouring fire of Divinity, come, descend upon me! Burn me, consume me in the midst of Thy most lively flames which make those live who die in them. Amen.

Litany of the Sacred Heart of Jesus (*Litaniae de Sacratissimo Corde Iesu*)

In 1899 Pope Leo XIII approved this Litany of the Sacred Heart of Jesus for public use. This litany is actually a synthesis of several other litanies dating back to the 17th century. Father Croiset composed a litany in 1691 from which 17 invocations were used by Venerable Anne Madeleine Remuzat when she composed her litany in 1718 at Marseilles. She joined an additional 10 invocations to those of Father Croiset, for a total of 27 invocations. Six more invocations written by Sister Madeleine Joly of Dijon in 1686 were added by the Sacred Congregation for Rites when it was approved for public use.

in 1899. This makes a total of 33 invocations, one for each year of life of our Lord Jesus Christ. A partial indulgence is attached to this litany.

Kyrie, eleison
R. Kyrie, eleison.

Christe, eleison
R. Christe, eleison.

Kyrie, eleison
R. Kyrie, eleison.

Christe, audi nos
R. Christe, audi nos.

Christe, exaudi nos.
R. Christe, exaudi nos.

Pater de caelis, Deus,
R. miserere nobis.

Fili, Redemptor mundi, Deus,
R. miserere nobis.

Spiritus Sancte, Deus,
R. miserere nobis.

Sancta Trinitas, unus Deus,
R. miserere nobis.

Cor Iesu, Filii Patris aeterni,
R. miserere nobis.

Cor Iesu, in sinu Virginis Matris a Spiritu
Sancto formatum,
R. miserere nobis.

Cor Iesu, Verbo Dei substantialiter unitum,
R. miserere nobis.

Cor Iesu, maiestatis infinitae,

Lord, have mercy
R. Lord, have mercy.

Christ, have mercy
R. Christ, have mercy.

Lord, have mercy
R. Lord, have mercy.

Christ, hear us
R. Christ, hear us.

Christ, graciously hear us.
R. Christ, graciously hear us.

God the Father of Heaven,
R. have mercy on us.

God the Son, Redeemer of the world,
R. have mercy on us.

God, the Holy Spirit,
R. have mercy on us.

Holy Trinity, One God,
R. have mercy on us.

Heart of Jesus, Son of the Eternal Father,
R. have mercy on us.

Heart of Jesus, formed by the Holy Spirit
in the womb of the Virgin Mother,
R. have mercy on us.

Heart of Jesus, substantially united to the
Word of God,
R. have mercy on us.

Heart of Jesus, of Infinite Majesty,

R. miserere nobis.

R. have mercy on us.

Cor Iesu, templum Dei sanctum,
R. miserere nobis.

Heart of Jesus, Sacred Temple of God,
R. have mercy on us.

Cor Iesu, tabernaculum Altissimi,
R. miserere nobis.

Heart of Jesus, Tabernacle of the Most
High,
R. have mercy on us.

Cor Iesu, domus Dei et porta caeli,
R. miserere nobis.

Heart of Jesus, House of God and Gate of
Heaven,
R. have mercy on us.

Cor Iesu, fornax ardens caritatis,
R. miserere nobis.

Heart of Jesus, burning furnace of charity,
R. have mercy on us.

Cor Iesu, iustitiae et amoris receptaculum,
R. miserere nobis.

Heart of Jesus, abode of justice and love,
R. have mercy on us.

Cor Iesu, bonitate et amore plenum,
R. miserere nobis.

Heart of Jesus, full of goodness and love,
R. have mercy on us.

Cor Iesu, virtutum omnium abyssus,
R. miserere nobis.

Heart of Jesus, abyss of all virtues,
R. have mercy on us.

Cor Iesu, omni laude dignissimum,
R. miserere nobis.

Heart of Jesus, most worthy of all praise,
R. have mercy on us.

Cor Iesu, rex et centrum omnium cordium,
R. miserere nobis.

Heart of Jesus, king and center of all
hearts,
R. have mercy on us.

Cor Iesu, in quo sunt omnes thesauri
sapientiae et scientiae,
R. miserere nobis.

Heart of Jesus, in whom are all treasures of
wisdom and knowledge,
R. have mercy on us.

Cor Iesu, in quo habitat omnis plenitudo
divinitatis,
R. miserere nobis.

Heart of Jesus, in whom dwelleth the
fullness of divinity,
R. have mercy on us.

Cor Iesu, in quo Pater sibi bene
complacuit,
R. miserere nobis.

Heart of Jesus, in whom the Father was
well pleased,
R. have mercy on us.

Cor Iesu, de cuius plenitudine omnes nos accepimus, R. miserere nobis.	Heart of Jesus, of whose fullness we have all received, R. have mercy on us.
Cor Iesu, desiderium collium aeternorum, R. miserere nobis.	Heart of Jesus, desire of the everlasting hills, R. have mercy on us.
Cor Iesu, patiens et multae misericordiae, R. miserere nobis.	Heart of Jesus, patient and most merciful, R. have mercy on us.
Cor Iesu, dives in omnes qui invocant te, R. miserere nobis.	Heart of Jesus, enriching all who invoke Thee, R. have mercy on us.
Cor Iesu, fons vitae et sanctitatis, R. miserere nobis.	Heart of Jesus, fountain of life and holiness, R. have mercy on us.
Cor Iesu, propitiatio pro peccatis nostris, R. miserere nobis.	Heart of Jesus, propitiation for our sins, R. have mercy on us.
Cor Iesu, saturatum opprobriis, R. miserere nobis.	Heart of Jesus, loaded down with opprobrium, R. have mercy on us.
Cor Iesu, attritum propter scelera nostra, R. miserere nobis.	Heart of Jesus, bruised for our offenses, R. have mercy on us.
Cor Iesu, usque ad mortem oboediens factum, R. miserere nobis.	Heart of Jesus, obedient to death, R. have mercy on us.
Cor Iesu, lancea perforatum, R. miserere nobis.	Heart of Jesus, pierced with a lance, R. have mercy on us.
Cor Iesu, fons totius consolationis, R. miserere nobis.	Heart of Jesus, source of all consolation, R. have mercy on us.
Cor Iesu, vita et resurrectio nostra, R. miserere nobis.	Heart of Jesus, our life and resurrection, R. have mercy on us.

Cor Iesu, pax et reconciliatio nostra,
R. miserere nobis.

Heart of Jesus, our peace and
reconciliation,
R. have mercy on us.

Cor Iesu, victima peccatorum,
R. miserere nobis.

Heart of Jesus, victim for our sins,
R. have mercy on us.

Cor Iesu, salus in te sperantium,
R. miserere nobis.

Heart of Jesus, salvation of those who trust
in Thee,
R. have mercy on us.

Cor Iesu, spes in te morientium,
R. miserere nobis.

Heart of Jesus, hope of those who die in
Thee,
R. have mercy on us.

Cor Iesu, deliciae Sanctorum omnium,
R. miserere nobis.

Heart of Jesus, delight of all the Saints,
R. have mercy on us.

Agnus Dei, qui tollis peccata mundi,
R. parce nobis, Domine.

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

Agnus Dei, qui tollis peccata mundi,
R. exaudi nos, Domine.

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

Agnus Dei, qui tollis peccata mundi,
R. miserere nobis, Domine.

Lamb of God, who takest away the sins of
the world,
R. have mercy on us, O Lord.

V. Iesu, mitis et humilis Corde,
R. Fac cor nostrum secundum Cor tuum.

V. Jesus, meek and humble of heart.
R. Make our hearts like to Thine.

Oremus:

Omnipotens sempiterne Deus, respice in
Cor dilectissimi Filii tui et in laudes et
satisfactiones, quas in nomine peccatorum
tibi persolvit, iisque misericordiam tuam
petentibus, tu veniam concede placatus in
nomine eiusdem Filii tui Iesu Christi: Qui
tecum vivit et regnat in saecula
saeculorum. **R.** Amen.

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 liveth and reigneth
with Thee, world without end. **R.** Amen

Beads of the Sacred Heart

As there is nothing so ingenious as love, several great saints in their great eagerness to make, each day, numerous acts of their favorite virtues according to the various inspirations of grace, have Invented several kinds of chaplets composed of acts of these virtues.

After their example, the Beads of the Sacred Heart has been formed. It is composed of a crucifix, and five large beads and thirty-three small ones in honor thirty-three years Our Lord spent on earth.

Instead of the Creed the following prayer may be said.

Soul of Jesus Christ, sanctify me.
Heart of Jesus, inflame me with love.
Body of Jesus Christ, save me
Blood of Jesus Christ, inebriate me.
Water out of the Side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy Wounds, hide me.
Let me not be separated from Thee.
Defend me from the malignant enemy.
At the hour of death, call me
And bid me to come unto Thee above,
That with the Saints, I may praise Thee For all eternity. Amen.

Before each large bead say:

Jesus most meek, make my heart like unto Thine.

On each large bead say:

We adore Thee, O Jesus, who hast been afflicted in the Garden of Gethsemani and who still in our time art outraged in the Blessed Sacrament by the impious conduct of men. O most amiable Saviour, we recognize that Thou alone art Holy, Thou alone art Lord, Thou alone art Most High.

On each small bead say:

Iadore Thee, O most Sacred Heart of Jesus, inflame my heart with the divine love with which Thine Own is all on fire.

At the end of the beads say:

Our Father and a Hail Mary, and the following prayer:

O Lord Jesus Christ, who by an ineffable miracle of love, hast deigned to give Thy Heart to men to serve as their nourishment, in order thereby to gain their hearts, graciously hear our humble prayers, and pardon us for the sins of which we confess ourselves guilty before Thee. Cast an eye of compassion and mercy upon those towards whom Thou dost condescend to direct the affections of Thine amiable Heart. And since we desire to honor Thee in the adorable Mystery of the Altar to the utmost of our power and to render Thee most pleasing homage and for that intention, weep for and detest from the bottom of our hearts all the outrages, contempt, mockery, sacrileges, and other acts of impiety which ungrateful men in every part of the world have committed against Thee, enkindle therefore in our hearts this divine love with which Thine Own is inflamed, and inspire us with sentiments like unto Thine, in order that we may be able worthily to praise for all praise for all eternity the love with which this Sacred Heart burns for us. This is our prayer to Thee who livest and reignest with the Father, in unity of the Holy Spirit forever and ever.
Amen

Prayers by St. Margaret Mary Alacoque

Act of Hope and Contrition

O Savior of my soul, I am under infinite obligations to Thy mercy, but I value nothing so highly as the desire for my salvation that consumes Thee. I confess that I owe Thee so much gratitude for so signal a favor and that I am under such an obligation to die to myself and to live and breathe only for Thee, that if I be wanting in this duty, I am unworthy of life. I, then, O Divine Redeemer, abandon myself entirely to Thee in life as in death. Make me live or die; I accept both with equal indifference provided that Thou dost not permit that either the one or the other ever separate me from Thee. O my only Hope, do not suffer that I be lost before Thine eyes, after Thou hast saved me with so much pain. Alas! I do not know what is to become of me; but I know well that, as I can save myself by Thy grace, so I can damn myself by my own malice. I indeed hope for Thy grace, but my malice makes me fear and tremble. In this uncertainty, I have no other recourse but in the merits of Thy Cross; I embrace it with all my heart as the last plank after shipwreck. Oh! my Savior, honor Thy death by my salvation, render it glorious by my happiness; consume in me everything that is displeasing to Thee and fill up in me what is wanting to Thy sufferings; supply for me by Thy merits; make me such as Thou dost desire, in order that I may be able to recognize for all eternity the value of a God who dies for me, and what I owe to Thy death. Woe to that man who sees a God dying

for his love and who does not cease to offend Him! I believe that Hell is too light a punishment for such ingratitude. How could I ever sin again when I think that God died on the Cross for me, after He had endured all torments, in order to teach me never to offend Him. Oh! my God, pardon this miserable sinner and force her to sin no more, but always and in all things to do Thy holy will.

O my adorable Master, I detest my sins with the Heart of my Savior; I love my God with the Heart of His Son; as the Heart of Jesus has deplored my offenses, I deplore them. The tears which He shed with His eyes are mine, for Thou, O Eternal Father, hast given Him entirely to me, and I offer Thee His sorrow to supply for mine. If I have done evil, my Jesus has done good. Both are mine. If Thou dost regard the one, have regard to the other. I offer Thee His merits; in offering them to Thee, I give Thee more than I have taken away from Thee: for as the merits of my adorable Jesus infinitely exceed the malice of my sins, the good which He has done is greater than the evil which I have committed. Have pity, then, on me, O my God, and save me! I have placed all my hope in the Heart of Thy Divine Son; I will not be confounded. Amen.

Act of Contrition to the Sacred Heart of Jesus

O most Sacred and adorable Heart of Jesus, behold me humbly prostrate before Thee with a heart contrite and penetrated with lively sorrow for having loved Thee so little and for having offered Thee so many insults by my wandering from Thee, by my ingratitude, my perfidy and my other acts of infidelity, by which I have rendered myself unworthy of Thy mercies and of all the graces and favors of Thy pure love.

The shame and regret which I feel leave me no other words to express myself except to say: I have sinned against Thee. Have pity on me who am unworthy of all mercy. Do not condemn me, however, O Divine Heart, full of charity. I implore Thee to manifest the excess of Thy goodness by showing favor to this poor criminal who appears before Thee annihilated in the abyss of her nothingness and misery. Alas! O Sacred Heart, I have sinned against Thee, do not abandon me to the rigor of Thy justice which would infallibly punish any want of love towards Thee by the eternal privation of Thy love. Oh! rather let all torments, pains and miseries come and overwhelm me, than that I should be deprived for a moment of loving Thee! And since it is Thou, O Divine Heart of Jesus, the Source of love, who hast received the insults of all my infidelities and of my want of love, do Thou take care to be avenged upon me. If Thou wishest to condemn me to burn eternally, I consent, provided it be in the devouring fire of Thy pure love. O compassionate Heart, save me by the excess of Thy mercy. Do not allow me to perish in the deluge of my iniquities. O Heart of love, I cry to Thee from the abyss of my misery; save me by Thy ardent charity. Save me, I implore Thee, by all that is in Thee most capable of moving Thee to do me this great mercy. Have pity, then, on this poor criminal who expects her salvation from Thee.

Oh! save me, O merciful Heart, at whatever price it may cost. Save me and do not deprive me of loving Thee eternally. Rather let all the moments of life that remain to me be filled with bitterness, sorrow and affliction.

Am I not sufficiently punished for having loved so late a Heart so full of love! But because I love Thee, I have such regret for having so ungratefully offended Thee, my Sovereign Good, that rather than having committed so many sins, I would wish from the moment I commenced to sin to have endured as a preservative all the pains of Hell, although I hope that in Thy love Thou wilt exempt me from them. This is what I pray Thee, while crying to Thee with all my heart for mercy. Pardon, then, in Thy mercy, this afflicted heart which has put all its confidence and all its hope in Thee.

O Heart of Jesus, my Savior, exercise over me this office which has cost Thee so dear and do not lose the fruit of so many sufferings and of so painful a death, but honor it by saving me in order that my heart may adore, praise and glorify Thee eternally. Be then, O Sacred Heart, our refuge and our hope, now and at the hour of our death!

Take my cause in hand, justify me and turn away the rigors which my sins have merited. Thou art my true friend, do Thou answer and satisfy for me. Draw me from the abyss into which my sins have precipitated me. Hearken to the groans of my afflicted heart which hopes for everything from Thy goodness. But if Thy justice condemns it as unworthy of pardon, it will appeal to the tribunal of Thy love, being ready to suffer all its rigors rather than be for a single moment deprived of loving Thee. Cut, burn, amputate; provided only I love Thee, it is sufficient for me. Spare neither my body nor my life, whenever there is question of Thy glory. I belong to Thee, O Divine and Adorable Heart, work out, then, my salvation, I implore Thee. In punishing my sins, do not abandon me to myself, allowing me to relapse into the same sins. Ah! rather a thousand deaths than offend Thee whom I love a hundred times more than my life!

What glory will the loss of a wretched grain of dust give Thee? And Thou shalt have great glory in saving such a miserable sinner. Save me, then, O pure Love, for I wish to love Thee eternally whatever price it may cost me. Yes, I wish to love Thee whatever it may cost me, I wish to love Thee with my whole heart. Amen.

Act of Love and Perfect Contrition

Humbly prostrate before Thee, O Sacred Heart of Jesus, I adore Thee, I praise Thee, I bless Thee, and I love Thee with all my strength and all the love of which my heart is capable; but do Thou extend its capacity and increase my love, in order that I may love Thee more, and that this love may make me belong completely to Thee forever. This is a grace which I ask for myself and for all hearts capable of loving, and especially for my own rebellious, hardened, unfaithful heart, which has so long abused Thy graces, resisted Thee and continued to offend Thee. I lead a life so cowardly in Thy service that,

were it not for the excess of Thy mercy, Thou wouldst have long ago vomited me out of Thy mouth and rejected me as an object of horror and abomination which merits only to suffer eternally all the rigors of Thy just anger. But I implore Thee, O Sacred Heart of my adorable Jesus, by that ardent love and suffering on the tree of the Cross, and which will keep Thee in this state on our altars until the end of time, to grant me, poor, miserable sinner, pardon for all the sins that I have committed: my ingratitude, forgetfulness and infidelity, and the other insults that I have offered to Thee of which I repent with my whole heart. I ask Thy pardon with all the sorrow and regret of which I am capable, and I protest that I wish I could shed all my blood by all the torments imaginable, in order to satisfy Divine Justice and to repair the outrages which I have done to Thee. I accept in advance all the pains by which it may please Thee to chastise me in this life, and I beseech Thee not abandon me to myself and to sin, and thus deprive me of Thy love. O Divine and most amiable Heart, do not condemn me to so horrible a torment as not to let all the pains of Hell come and torment me, than that I should be for a single moment without loving Thee! O Divine Heart, Source of love and goodness, how couldst Thou forget Thy mercies and condemn to eternal privation of Thy love a heart which wishes henceforth in time and in eternity to live only to love Thee and to inhale and exhale breath only by this love.

Listen, then, O most amiable Heart of my Lord Jesus Christ, to the prayer which I make and to the request which I present in my favor, wretched and unworthy sinner that I am; it is, that Thou wouldst grant me true conversion of heart. I detest all my past sins and I hold them in such horror, that I would choose rather to be sunk in the abyss of Hell than relapse again in the future; and if Thou wishest to condemn me to flames, let it be to those of Thy pure love. Cast me into the abyss of this ardent furnace in punishment for all my perfidy. And when the excess of Thy goodness urges Thee to confer still further graces on me, I ask for no other than that of the sweet punishment of love. But grant, I implore Thee, that I may be consumed in this love and transformed into Thee. And in order to avenge Thyself on me for not loving Thee and for loving myself inordinately, pierce and transfix, a thousand times my ungrateful heart with the dart of Thy pure love, that it may no longer be able to contain earthly and human love, but only the plenitude of Thy pure love, which will leave me no other liberty but that of loving Thee, while suffering and accomplishing in everything Thy holy will. These are the graces that I ask of Thee, O Sacred and most amiable Heart, and I implore Thee to grant them to me and to all hearts capable of loving Thee, and for them I ask Thee that they may live and die in this same love. Amen.

Little Act of Consecration to the Sacred Heart Of Jesus

I, _____, give and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, penances and sufferings, not wishing to make use of any part of my being for the future except in honoring, loving and glorifying that Sacred Heart.

It is my irrevocable will to be entirely His and to do everything for His love, and I renounce with my whole heart whatever might displease Him.

I take Thee, then, O most Sacred Heart, as the sole object of my love, as the protector of my life, as the pledge of my salvation, as the remedy of my frailty and inconstancy, as the repairer of all the defects of my life, and as my secure refuge at the hour of my death.

Be then, O Heart of Goodness, my justification before God the Father, and remove far from me the thunderbolts of His just wrath. O Heart of love I place my whole confidence in Thee. While I fear all things from my malice and frailty, I hope all things from Thy goodness.

Consume then in me whatever can displease or be opposed to Thee, and may Thy pure love be so deeply impressed on my heart that it may be impossible that I should ever be separated from Thee, or forget Thee.

I implore Thee, by Thy goodness, that my name may be written in Thee, for in Thee I wish to place all my happiness and all my glory, living and dying in very bondage to Thee. Amen.

Invocations to the Heart of Jesus

HHeart of Jesus in the Eucharist, I adore Thee.

Sweet Companion of our exile, I adore Thee.

Eucharistic Heart of Jesus, I adore Thee.

Heart solitary, Heart humiliated, I adore Thee.

Heart abandoned, Heart forgotten, I adore Thee.

Heart despised, Heart outraged, I adore Thee.

Heart ignored by men, I adore Thee.

Heart, Lover of our hearts, I adore Thee.

Heart pleading for love, I adore Thee.

Heart patient in waiting for us, I adore Thee.

Heart eager to hear our prayers, I adore Thee.

Heart desiring that we should pray to Thee, I adore Thee.

Heart, Source of fresh graces, I adore Thee.

Heart silent, desiring to speak to souls, I adore Thee.

Heart, sweet Refuge of the hidden life, I adore Thee.

Heart, Teacher of the secrets of union with God, I adore Thee.

Heart of Him Who sleeps, yet ever watches, I adore Thee.

Eucharistic Heart of Jesus, have mercy on us.

Jesus Victim, I wish to comfort Thee; I unite myself to Thee;

I offer myself in union with Thee.

I count myself as nothing before Thee;

I desire to forget myself in order to think of Thee, to be forgotten and despised for love of Thee, not to be understood, not to be loved, except by Thee.

I will hold my peace that I may listen to Thee; I will forsake myself that I may lose myself in Thee.

Grant that I may quench Thy thirst for my salvation, Thy burning thirst for my sanctification, and that, being purified, I may bestow on Thee a pure and true love. I would no longer weary Thine expectations; take me, I give myself to Thee. I entrust to Thee all my actions---my mind that Thou mayest enlighten it, my heart that Thou mayest direct it, my will that Thou mayest establish it, my misery that Thou mayest relieve it, my soul and my body that Thou mayest feed them.

Eucharistic Heart of my Jesus, Whose Blood is the life of my soul, may it be no longer I who live, but Thou alone Who livest in me. Amen.

Additional Prayers

Hail, Sacred Heart of Jesus, living and strengthening source of eternal life, infinite treasury of the Divinity, and burning furnace of divine love! Unite my will with Yours that our wills may be one, and my will may in all things be conformed to Your Will. May Your Will be the guide and rule of my desires and of my actions. Amen.

Most holy Heart of Jesus, fountain of every blessing, I love You. With a lively sorrow for my sins I offer You this poor heart of mine. Make me humble, patient, and pure, and perfectly obedient to Your Will. Amen.

Good Jesus, grant that I may live in You and for You. Protect me in the midst of danger and comfort me in my afflictions. Bestow on me health of body, assistance in temporal needs, Your blessing on all that I do, and the grace of a holy death. Amen.

O Lord Jesus Christ, whose whole life was one continual sacrifice for the glory of Your Father and the salvation of our souls, grant us the grace to find our joy in making sacrifices for You and for the interests of Your Sacred Heart. Amen.

O Sacred Heart of Jesus, filled with infinite Love, broken by our ingratitude and pierced by our sins; yet loving us still; accept the consecration we make to Thee of all that we are and all that we have. Amen.

Take every faculty of our souls and bodies, only day by day draw us nearer and nearer to Thy Sacred Heart; and there as we shall hear the lesson, teach us Thy Holy Way. Amen.

Hail, Sacred Heart of Jesus, living and strengthening source of eternal life, infinite treasury of the Divinity, and burning furnace of divine love! You are my refuge and my sanctuary. Amen.

My loving Savior, consume my heart in that burning love with which your own Heart is inflamed. Pour out upon me those graces which flow from Your love. Let my heart be so united with Yours that our wills may be one, and my will may in all things be conformed to Your Will. May Your Will be the guide and rule of my desires and of my actions. Amen.

Hail, Sacred Heart of Jesus, living and strengthening source of eternal life, infinite treasury of the Divinity, and burning furnace of divine love! You are my refuge and my sanctuary. Amen.

A Traditional Prayer of Reparation

Most loving Jesus, when I consider your tender heart and see it full of mercy and tenderness toward sinners, my own heart is filled with joy and confidence that I shall be so kindly welcomed by You. Unfortunately, how many times have I sinned! But now, with Peter and with Magdalene, I weep for my sins and detest them because they offend You, infinite Goodness. Mercifully grant me pardon for them all; and let me die rather than offend You again; at least let me live only to love You in return. Amen. (Raccolta n. 255)

Another Traditional Prayer of Reparation

My loving Jesus, out of the grateful love I bear you, and to make reparation for my unfaithfulness to grace, I give You my heart, and I consecrate myself wholly to You; and with Your help I purpose to sin no more. Amen. (Raccolta, n. 260)

Prayer To Ask the Graces Necessary for a Religious Vocation

O Lord, do not permit me to violate or neglect the observance of my holy rules. I choose Thy Sacred Heart for my dwelling, in order that It may be my strength in combat, the support of my weakness, my light and my guide in darkness, in fine, the Reparation for all my faults, the Sanctifier of all my intentions and actions, which I unite to Thine and offer Thee to serve as a continual preparation for receiving Thee. Amen.

Center of Our Hearts (by St. Claude la Colombiere)

O God, what will you do to conquer the fearful hardness of our hearts? Lord, You must give us new hearts, tender hearts, sensitive hearts, to replace hearts that are made of marble and of bronze.

You must give us Your own Heart, Jesus. Come, lovable Heart of Jesus. Place Your Heart deep in the center of our hearts and enkindle in each heart a flame of love as strong, as great, as the sum of all the reasons that I have for loving You, my God.

O holy Heart of Jesus, dwell hidden in my heart, so that I may live only in You and only for You, so that, in the end, I may live with you eternally in Heaven. Amen.

Prayers by Fr. John A. Harden, SJ

Heart of Your Mercy

Humbly prostrate at the foot of Your holy cross, I will often say to You in order to move the Heart of Your Mercy to pardon me:

Jesus, unknown and despised,
Jesus, calumniated and persecuted,
Jesus, abandoned by men and tempted,
Jesus, betrayed and sold for a vile price,
Jesus, blamed, accused, and unjustly condemned,
Jesus, clothed with a garment of opprobrium and shame,
Jesus, buffeted and mocked,
Jesus, dragged with a rope round Your neck,
Jesus, scourged unto blood,
Jesus, reputed to be a fool and to be possessed by a devil,
Jesus, to whom Barabbas was preferred,
Jesus, shamefully stripped of Your garments,
Jesus, crowned with thorns and saluted in derision,
Jesus, laden with the cross, and with the maledictions of the people,
Jesus, overwhelmed with insults, sorrow, and humiliations,
Jesus, sorrowful unto death,
Jesus, insulted, spat upon, beaten, outraged, and scoffed at,
Jesus, hanged on the infamous tree in company with robbers,
Jesus, set at naught and deprived of honor before men,
Jesus, overwhelmed with all kinds of sorrow.

O good Jesus, who has suffered an infinity of insults and humiliations for love of me, imprint the appreciation and love of them on my heart and make me desire to endure them. Amen.

Eucharistic Heart

O most sacred, most loving Heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still. Now as then, thou sayest, "With desire, I have desired." I worship Thee, then, with all my best love and awe, with my fervent affection, with my most subdued, most resolved will.

O my God, when Thou dost condescend to suffer me to receive Thee, to eat and drink Thee, and Thou for a while takest up thy abode within me, O make my heart beat with Thy Heart. Purify it of all that is earthly, all that is proud and sensual, all that is hard and cruel, of all perversity, of all disorder, of all deadness. So fill it with Thee, that neither the events of the day nor the circumstances of the time may have power to ruffle it, but that in Thy love and Thy fear it may have peace. Amen.

Sacred Heart Novena

Hail, O Sacred Heart of Jesus, living and animating source of eternal life, infinite treasure of the Divinity, burning furnace of divine love. Our amiable Savior, consume our hearts with that burning love with which Yours is ever inflamed. Pour down on our souls those graces which flow from Your love, and let our hearts be so united with Yours, that our will may be one, and in all things conformed to Yours. May Yours be the standard and rule of our desires and of our actions.

V. O sweetest Heart of Jesus, we implore,
R. That we may ever love You more and more.

An Optional Offering Prayer for Holy Hour or at the Offertory of Mass

My dearest Guardian Angel, please take to Our Lady of Sorrows, who stands at the foot of the Holy Cross, my heart. Ask Her, for me, to please purify it and create deep wells within it. Please beseech Her to present it to Our Lord and ask that it might be filled with His Most Precious Blood, which is perfect love, and the gift of Wisdom.

My dearest Guardian Angel, please, I beseech thee, take my will to Our Lady of Sorrows who stands at the foot of the Holy Cross. Beg Her on my behalf, to crush it as She would crush the head of Satan, and present it to Our Lord and Master as an empty vessel that He may fill with whatever He desires.

My dearest Guardian Angel, please, I beseech thee, take all of my remaining spiritual and temporal gifts given to me by Our Lord, to Our Lady of Sorrows who stands at the foot of the Holy Cross. Ask Her on my behalf to please purify them and present them to Her Divine Son, as my offering this day.

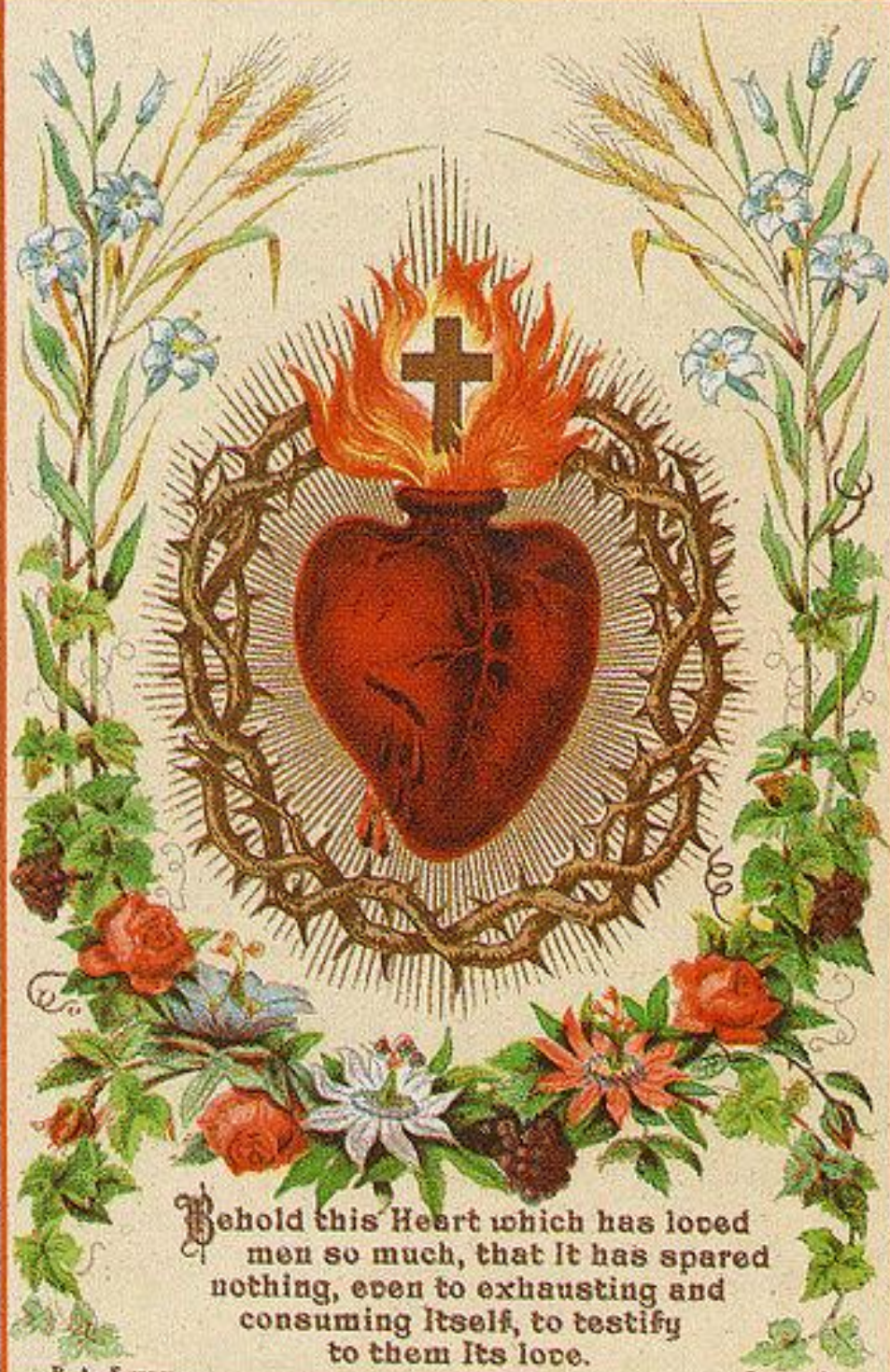
Part 3: Prayers of Petition

End the Holy Hour with 3 -5 minutes of petitions.

Please include a prayer for the Holy Father, your bishop, your priests, as well all favors you request. We ask that this be carried out for nine weeks.

NOTE:

Should you find this Holy Hour beneficial, or are so inspired to continue beyond nine weeks, please let us know and continue a weekly Holy Hour for the sake of the Church, for our priests, for yourself. Please share this with others. Thank you!



Behold this Heart which has loved
men so much, that It has spared
nothing, even to exhausting and
consuming itself, to testify
to them Its love.

P. A. Kompf.

Darton, O.