

# *First Friday Devotions*

## *in Honor of the Sacred Heart*

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

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, honoring 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.

### **Act of Reparation to the Sacred Heart of Jesus**

Adorable Heart of Jesus, glowing with love for us and inflamed with zeal for our salvation. O Heart that understands the misery to which our sins have brought us, infinitely rich in mercy to heal the wounds of our souls, behold me humbly kneeling before You to express the sorrow that fills my heart for the coldness and indifference with which I have so long returned the numberless benefits which You have bestowed upon me.

With a deep sense of the outrages that have been heaped upon You by my sins and the sins of others, I wish to make reparation to Your most Sacred Majesty. It was our sins that filled Your Heart with bitterness; it was the weight of our guilt that pressed down Your face to the earth in the Garden of Olives and caused you to die in agony on the Cross. But now, repentant and sorrowful, I implore Your forgiveness.

Adorable Heart of Jesus, Source of true consolation and ever merciful to the penitent sinner, impart to our hearts the spirit of penance that we may be sincerely sorry for our sins.

Pardon them, O Lord, in Your mercy, and let all who have sinned against You in the Sacrament of Your love be converted and return to You. Deliver us from our sins. And in order to repair the sins of ingratitude by which we have grieved Your most tender and loving Heart, may we love and honor You in the most adorable Sacrament of the Altar, where You are present to hear and grant our petitions and to be the food and life of our souls.

Merciful Jesus, be our Mediator with Your heavenly Father, whom we have so grievously offended. Help us to amend our ways.

As Your Sacred Heart is our refuge and our hope when we have sinned, so let it be the strength and support of our repentance, and nothing in life or death shall ever separate us from You. Amen.

### **Litany of the Sacred Heart of Jesus**

V/ Lord, have mercy. R/ *Lord, have mercy.*

V/ Christ, have mercy. R/ *Christ, have mercy.*

V/ Lord, have mercy. R/ *Lord, have mercy.*

V/ Christ, hear us. R/ *Christ, graciously hear us.*

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

V/ God, the Son, Redeemer of the world, R/ *etc.*

V/ God, the Holy Spirit,

V/ Holy Trinity, One God,

Heart of Jesus, Son of the Eternal Father, R/ *have mercy...*

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,

Heart of Jesus, substantially united to the Word of God,

Heart of Jesus, of Infinite Majesty,

Heart of Jesus, Sacred Temple of God,

Heart of Jesus, Tabernacle of the Most High,

Heart of Jesus, House of God and Gate of Heaven,

Heart of Jesus, burning furnace of charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, abyss of all virtues,

Heart of Jesus, most worthy of all praise,

Heart of Jesus, king and center of all hearts,

Heart of Jesus, in Whom are all treasures of wisdom and knowledge,

Heart of Jesus, in Whom dwells the fullness of divinity,

Heart of Jesus, in Whom the Father was well pleased,

Heart of Jesus, of whose fullness we have all received,

Heart of Jesus, desire of the everlasting hills,  
Heart of Jesus, patient and most merciful,  
Heart of Jesus, enriching all who invoke Thee,  
Heart of Jesus, fountain of life and holiness,  
Heart of Jesus, propitiation for our sins,  
Heart of Jesus, loaded down with opprobrium,  
Heart of Jesus, bruised for our offenses,  
Heart of Jesus, obedient to death,  
Heart of Jesus, pierced with a lance,  
Heart of Jesus, source of all consolation,  
Heart of Jesus, our life and resurrection,  
Heart of Jesus, our peace and our reconciliation,  
Heart of Jesus, victim for our sins  
Heart of Jesus, salvation of those who trust in Thee,  
Heart of Jesus, hope of those who die in Thee,  
Heart of Jesus, delight of all the Saints,

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

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

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

*V/ Jesus, meek and humble of heart.*

*R/ make our hearts like unto Thine.*

Let us pray. Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praises and satisfaction which He offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness, grant forgiveness in the name of the same Jesus Christ, Thy Son, who livest and reignest with Thee forever and ever. *R/ Amen.*

