



# The Sacred Heart of Jesus

The Catholic Church dedicates the month of June to the Sacred Heart of Jesus. You may have heard the phrase "the Sacred Heart of Jesus", but what does it refer to, and why is it important?

Devotion to the Sacred Heart of Jesus is a devotion to the humanness of Jesus Christ. This month, we take time to remember his love and real suffering for us. The Sacred Heart is a symbol of **mercy** and an invitation to **trust** in Christ's mercy.

Saints throughout the Church's history have pointed to the importance of meditating on the heart of Christ, most notably Saint Margaret Mary Alacoque (1647–1690), a French nun who Jesus appeared to and asked her to spread this devotion.

What are ways you can practice devotion to Jesus' Sacred Heart?  
Here are some ideas...

- Display an image of the Sacred Heart of Jesus in your home as a constant reminder of Jesus' love
- Attend a Holy Hour or adoration and spend some time in prayer in the true presence of Jesus
- Go to confession (it does not matter how long it has been since your last confession!)
- Learn the Daily Offering prayer (below), and say it every day

## Daily Offering Prayer

**O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father.**

