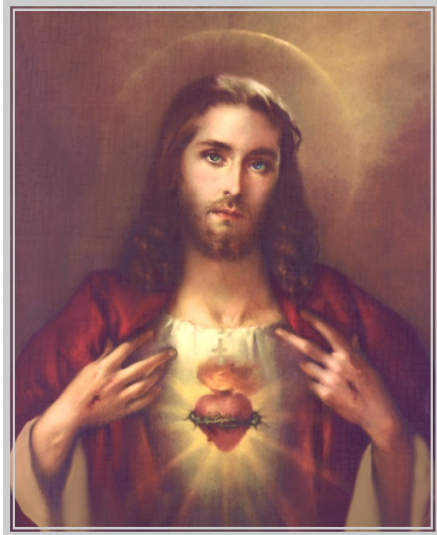


## SACRED HEART NOVENA



### THE PROMISE OF OUR LORD

"Those who promote this devotion shall have their names written in My heart, never to be forgotten".

Devotion to the Sacred Heart of Jesus is rooted in our human hearts as we respond in love to the Son of God made man. It is a beating of our hearts in unison with His.

To express that love, these nine meditations - based on the traditional prayer of the Sacred Heart of Jesus - can easily be used throughout the year. We suggest you read, or better still, pray one prayer each day for a period of nine days. By doing so you will be offering your own personal novena, which is reminiscent of the nine First Fridays which have been so much a part of the devotion to the Sacred Heart. There is no need to limit the use of these beautiful prayers to the nine days. Since a novena is basically a commitment to prayer for a period of time, these nine prayers can help you develop a sense of dedication and a habit of daily prayer.

# SACRED HEART NOVENA



## OPENING PRAYERS:

Merciful Jesus, I consecrate myself today and always to Your Most Sacred Heart.

Most Sacred Heart of Jesus, I implore that I may ever love You more and more.

Most Sacred Heart of Jesus I trust in you!

Most Sacred Heart of Jesus I believe in Your love for me.

Jesus, meek and humble of heart, make my heart like Your heart.

*(Continue with  
Daily Prayers and Meditations)*

## CLOSING PRAYERS:

*(Following  
Daily Prayers and Meditations)*

Our Father...

Hail Mary...

Glory Be...

Most Sacred Heart of Jesus, have mercy on us. AMEN.

## FIRST DAY “COME TO ME”

### Opening Prayers

**Scripture Reading:** Matthew 11:28-30

*"Come to Me, all who are weary and find life burdensome, and I will refresh you. Take My yoke upon your shoulders and learn from Me, for I am gentle and humble of Heart. Your souls will find rest, for My yoke is easy and My burden light."*

### Prayer:

With open arms, O Lord, You continue to embrace the universe. I know I am a small part of the universe, yet in your eyes I am also a very important part. Lord, I welcome Your embrace. It is by my surrendering to You that You are able to bring me closer to Your Heart - the source of all love, compassion and kindness.

**Pause for personal meditation.**

**Closing prayers**

## SECOND DAY “LET THE CHILDREN COME”

### Opening Prayers

**Scripture Reading:** Luke 18:15-17

*They brought children to be touched by Him. When the disciples saw this, they scolded them. But Jesus said: "Let the children come to Me. Do not discourage them. The Kingdom of God belongs to such as these. Trust Me when I tell you that whoever does not accept the Kingdom of God as a child will not enter it."*

### Prayer:

With open arms, O Lord, we are orphans - lost, abandoned and alone. With you we are saved. As I come to You today, Lord let me approach You as a child — open to Your mystery of love. Enthused by Your love of life. Generous and joyful. In need of guidance and support.

Jesus, protect the children of the world. Give me the grace to be an example of Your love to them.

**Pause for personal meditation.**

**Closing prayers**

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### **THIRD DAY**

#### **“WHAT IS NEEDED IS TRUST”**

**Opening Prayers**

**Scripture Reading:** Mark 5:36 40-47

*Jesus said to Jairus: "Fear is useless. What is needed is trust." ...He took the child's father and mother... and entered the room where the child lay. Taking her hand he said to her, "Little Girl, get up." The girl, a child of twelve, stood up immediately and began to walk around. At this time the family's astonishment knew no bounds.*

**Prayer:**

Lord, allow Your healing hand to heal me. Touch my soul with Your compassion for others. Touch my heart with Your courage and infinite love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to You in my need. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength.

**Pause for personal meditation.**

**Closing prayers**

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### **FOURTH DAY**

#### **“I KNOW MY SHEEP”**

**Opening Prayers**

**Scripture Reading:** John 10:10-11,14

*"I came that they may have life and have it to the full. I am the Good Shepherd: the Good Shepherd Lays down His life for His sheep... I know My sheep and My sheep know Me."*

**Prayer:**

Lord, it is written that You care especially for the lost sheep in this world. Today I place into Your hands someone I care about deeply (mention a particular person). To be lost is a

terrible feeling, to be unknown and unsure is to live in fear. You know us so well. Your love is so sure. With You we have nothing to fear. Let this day, Lord, be another step closer to Your heart for myself and for (mention a particular person).

**Pause for personal meditation.**

**Closing prayers**

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### **FIFTH DAY**

#### **“I AM THE BREAD OF LIFE”**

**Opening Prayers**

**Scripture Reading:** John 6:51

*"I Myself am the living bread come down from heaven. If anyone eats this bread he shall live forever: the bread I will give is My flesh, for the life of the world."*

**Prayer:**

O Lord, Your generosity knows no limits! Your burning desire to be one with us knows no bounds! You gave Yourself in Bethlehem, in Galilee, at Calvary. In the gift of our Eucharist You continue to give of Yourself day in and day out. You give us the Eucharist, "so that sins might be forgiven." You give us Yourself so that we might "have life, life to the fullest." Today, Lord, I ask You to forgive my selfishness, my pettiness, my sins. Help me live like You lived - a life lived for others, filled with the fullness of grace.

**Pause for personal meditation.**

**Closing prayers**

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### **SIXTH DAY**

#### **“YOUR WILL BE DONE”**

**Opening Prayers**

**Scripture Reading:** Matthew 26:37-39

*Jesus said to His disciples, "My heart is nearly broken with sorrow. Remain here and stay awake with Me." He advanced a little and fell prostrate in prayer. "My Father, if it is possible, let this cup pass Me by. Still, Your will be done, not mine."*

**Prayer:**

O Lord, You were no stranger to sorrow, to the loss of family and dear friends. You even knew the fear of death. Why, Lord, did you face such trials? Was it so You could understand me in my times of trial? Lord, I know You are a God who does not love from afar but loves and cares and saves with all Your heart. I know You suffered in order to show me how to suffer. Lord, I offer You my suffering today; do with it as You will, for it is a powerful gift. It is Yours, Lord; let it be my way of saying "I love You."

**Pause for personal meditation.**

**Closing prayers**

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**SEVENTH DAY**  
**"THEY CAME TO JESUS"**

**Opening Prayers**

**Scripture Reading:** John 19:33-34

*When they came to Jesus and saw that he was already dead, they did not break His legs. One soldier pierced his side with a lance, and immediately blood and water flowed out.*

**Prayer:**

Lord, it is only because of the foolishness of Your cross that life makes sense. You abandoned Your own life to teach me what really matters. How I strive after foolish things and use people rather than love people and use things. You died the shameful death on the cross to teach us the joyful lesson in life. Today, Lord, give me the courage to love what is important and to forsake all that is self-serving and deceitful. May my heart be like Your Heart today - filled with compassion and kindness for all.

**Pause for personal meditation.**

**Closing prayers**

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**EIGHTH DAY**  
**"MY LORD AND MY GOD"**

**Opening Prayers**

**Scripture Reading:** John 20:26-28

*Jesus came and stood before the disciples. "Peace be with you," He said; then, to Thomas; Take your finger and examine My hands. Put your hand into My side. Do not persist in your unbelief, but believe! Thomas responded, "My Lord and My God!"*

**Prayer:**

Lord, if only we believed fully in You. Our Holy Father's motto is "You are everything." Help me believe that You are every answer to every problem, that You are everywhere to guide, strengthen, encourage and lead. Yes, I believe in You, but my faith is often weak. In times of trial I doubt You and in times of joy I forget You. In the patience of Your Heart, Lord, continue to reveal Yourself to me everywhere. Thank You, Lord for the gift of faith in You.

**Pause for personal meditation.**

**Closing prayers**

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**NINTH DAY**  
**"HE SHALL DWELL WITH THEM"**

**Opening Prayers**

**Scripture Reading:** Revelation 21:1,3-4

*Then I saw a new heaven and a new earth... "This is God's dwelling among men. He shall dwell with them and they shall be His people and He shall be their God who is always with them. He shall wipe every tear from their eyes, and there shall be no more death or mourning, crying or pain, for the former world has passed away."*

**Prayer:**

O Lord, how often I wonder where life will lead. Where am I going - how will it end? Life ends where life began - with You, Lord. You said of Yourself, "I am the Alpha and the Omega, the beginning and the End." I am Yours, Lord - yesterday, today, forever. I am Yours Lord - forgive my past, bring light and peace to my present, and prepare me with a generous heart for the future. I know You will be there for me, My Lord and My God.

**Pause for personal meditation.**

**Closing prayers**