



**REFLECTIVE
SACRED HEART
DEVOTION**



INTRODUCTION TO THE SACRED HEART DEVOTION

The devotion to the Sacred Heart is one of the most well known and most widely practiced Catholic devotions of all times. This devotion centers on the physical Heart of Jesus as a symbol of God's boundless and passionate love for humanity.

On December 27, 1673, Jesus revealed to St. Margaret Mary Alacoque the following: “My Divine Heart is so passionately inflamed with love... that, not being able any longer to contain within Itself the flames of Its ardent charity, It must let them spread abroad through your means, and manifest itself to man, that they may be enriched with Its precious treasures which I unfold to you, and which contain the sanctifying and salutary graces that are necessary to hold them back from the abyss of ruin.”

In 1899, Pope Leo XIII consecrated the world to the Sacred Heart of Jesus and every Pope, ever since, has exhorted the faithful to turn to the Sacred Heart for needed graces. In 1856, Pope Pius IX made the feast of the Sacred Heart into a universal celebration

to be celebrated 19 days after Pentecost.

In His apparition to St. Margaret Mary Alacoque, Jesus revealed twelve promises related to devotion to the Sacred Heart. These very powerful promises prompted my inspiration to write this devotional prayer.

1. I will give them all the graces necessary for their state in life.
2. I will establish peace in their families.
3. I will comfort them in their trials.
4. I will be their secure refuge during life, and, above all, in death.
5. I will shed abundant blessings on all their undertakings.
6. Sinners will find in My Heart an infinite ocean of mercy.
7. Lukewarm souls will become fervent.
8. Fervent souls will rapidly grow in holiness and perfection.
9. I will bless every place where an image of My Heart shall be exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. The names of those who promote this devotion



will be written in My Heart, never to be blotted out.

12. I promise thee, in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment.

