

Litany of the Sacred Heart of Jesus



Lord have mercy, *Christ have mercy*, Lord have mercy. Christ hear us. *Christ graciously hear us*.
God the Father of Heaven *have mercy on us*. God the Son, redeemer of the world, *have mercy on us*.
God the Holy Spirit, sanctifier of the faithful, *have mercy on us*. Holy Trinity One God, *have mercy on us*.
Heart of Jesus Son of the eternal Father, *have mercy on us*.
Heart of Jesus formed by the Holy Spirit in the womb of the virgin mother, have mercy on us.
Heart of Jesus substantially united to the Word of God, *have mercy on us*.
Heart of Jesus of infinite majesty, *have mercy on us*. Heart of Jesus sacred temple of God, *have mercy on us*.
Heart of Jesus tabernacle of the Most High, *have mercy on us*. Heart of Jesus house of God and gate of Heaven, *have mercy on us*.
Heart of Jesus burning furnace of charity, *have mercy on us*. Heart of Jesus abode of justice and love, *have mercy on us*.
Heart of Jesus full of goodness and love, *have mercy on us*. Heart of Jesus abyss of all virtues, *have mercy on us*.
Heart of Jesus most worthy of all praise, *have mercy on us*. Heart of Jesus King and center of all hearts, *have mercy on us*.
Heart of Jesus in whom are all the treasures of wisdom and knowledge, *have mercy on us*.
Heart of Jesus in whom dwells all the fullness of divinity, *have mercy on us*.
Heart of Jesus in whom the Father is well pleased, *have mercy on us*.
Heart of Jesus of whose fullness we have all received, *have mercy on us*. Heart of Jesus desire of the everlasting hills, *have mercy on us*.
Heart of Jesus patient and most merciful, *have mercy on us*. Heart of Jesus enriching all who invoke you, *have mercy on us*.
Heart of Jesus fountain of life and holiness, *have mercy on us*. Heart of Jesus propitiation for our sins, *have mercy on us*.
Heart of Jesus loaded down with opprobrium, *have mercy on us*. Heart of Jesus bruised for our offenses, *have mercy on us*.
Heart of Jesus obedient to death, *have mercy on us*. Heart of Jesus pierced with a lance, *have mercy on us*.
Heart of Jesus source of all consolation, *have mercy on us*. Heart of Jesus our life and resurrection, *have mercy on us*.
Heart of Jesus our peace and reconciliation, *have mercy on us*. Heart of Jesus victim for our sins, *have mercy on us*.
Heart of Jesus salvation of those who hope in you, *have mercy on us*. Heart of Jesus hope of those who die in you, *have mercy on us*.
Heart of Jesus delight of all the saints, *have mercy on us*. Lamb of God, you take away the sins of the world, *spare us O Lord*
Lamb of God, you take away the sins of the world, *graciously hear us O Lord*.
Lamb of God, you take away the sins of the world, *have mercy on us*.
Jesus meek and humble of heart, *make our hearts like to yours*.
Almighty and eternal God, look upon the heart of your most beloved Son and on the praises and satisfaction that He offers you in the name of sinners, and to those who implore your mercy, of your great goodness grant forgiveness. Through the same Christ our Lord. *Amen*.

Some Suggestions for Prayer

Why Devotion to the Sacred Heart?

Whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life. (John 4:14)

The heart is not just a physical organ or the source of our emotions. It is the core or center of the person from which all thoughts, words and actions flow. Jesus' heart is both human and divine, so God can touch our hearts through a human heart like our own. Meditating on the richness, beauty and splendor of the heart of God incarnate and His self-giving for our salvation, is a wonderful way of opening our hearts so He can work in us and transform our hearts to be more like His own. As we contemplate His heart, the Lord puts His own love into us, so that it becomes our love as well, and unites us to Him.

We come to Him wounded and sinful. Like the hard, dry, bramble infested ground, we need weeding and long slow periods of gentle rain to enable us to be fruitful in the way God wants us to be. Regular prayer that keeps our focus on the heart of Jesus provides a space for this to happen. For He is the one able to give us the "living water" that satisfies the deepest longings of our hearts.

Start by asking the Holy Spirit to guide your prayer and make it pleasing to the Father. Pray in a slow and leisurely way; think of entering into the timeless peace of God, even if you only have a little time. Allow yourself to rest in Him. Remember God is already closer to us than we are to ourselves. As Brother Lawrence said: "You need not cry very loud; He is nearer to us than we are aware of."

Although God is intimately present to us, He is also glorious and "robed in majesty" in ways beyond our comprehension. We should pray with reverence and awe – bowing before Him in worship. Praise and thank Him even when you don't feel like it. Prayer is not only a report of our feelings, but expresses our intention to worship Him and draw closer to Him.

The fact that you desire to draw closer to God in prayer indicates that God is already at work in you. Ask Him to increase your desire for Him and remove all that separates you from Him. Prayer is more something God does in us than something we do. Ask Him to help you surrender more to Him so that He can work in you to make you the person you were created to be. Trust that He will complete the good work He has begun in you.

God's love is a free gift; it gives us strength to face the truth about ourselves. "Fear not little flock; it is the Father's good pleasure to give you the kingdom." [Lk 12:32]