

Novena to the Sacred Heart of Jesus

June 3, 2026 – June 11, 2026

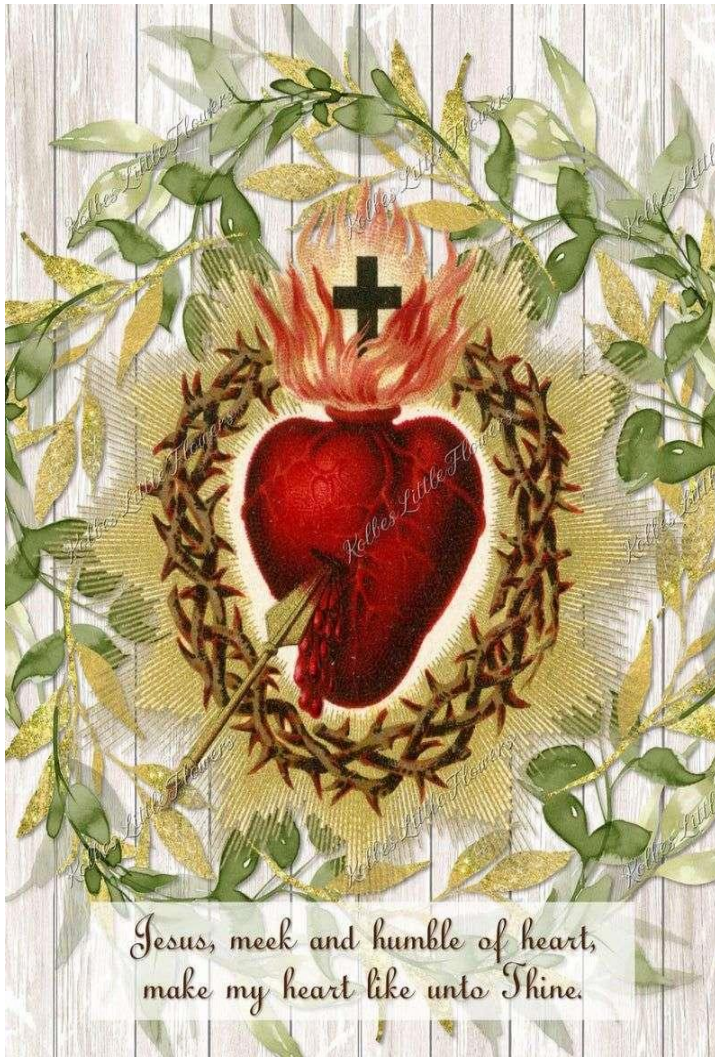


Feast of the Sacred Heart of Jesus

Friday, June 12, 2026

**Holy Comforter Saint Cyprian will have adoration in the parish
after the 7 am daily Mass till 7 pm (confessions 6pm-7 pm)
and 7 pm Mass and Consecration prayer**

Day 1 - Heart of Jesus, aflame with love for us



Pray

Pray In his prayer intention for June, the month dedicated the Sacred Heart of Jesus, Pope Leo XIV encourages us, “Let us pray together that each one of us might find consolation in a personal relationship with Jesus, and from His Heart, learn to have compassion on the world.” As we begin this Novena to the Sacred Heart, we join the Holy Father in that prayer.

Lord, I come to Your tender Heart today, to You who have words that set my heart ablaze, to You who pour out compassion on the little ones and the poor, on those who suffer, and on all human miseries. I desire to know You more, to contemplate You in the Gospel, to be with You and learn from You and from the charity with which You allowed Yourself to be touched by all forms of poverty. You showed us the Father’s love by loving us without measure with Your divine and human Heart. Grant all Your

children the grace of encountering You. Change, shape, and transform our plans, so that we seek only You in every circumstance: in prayer, in work, in encounters, and in our daily routine. From this encounter, send us out on mission, a mission of compassion for the world in which You are the source from which all consolation flows. Amen.

Learn

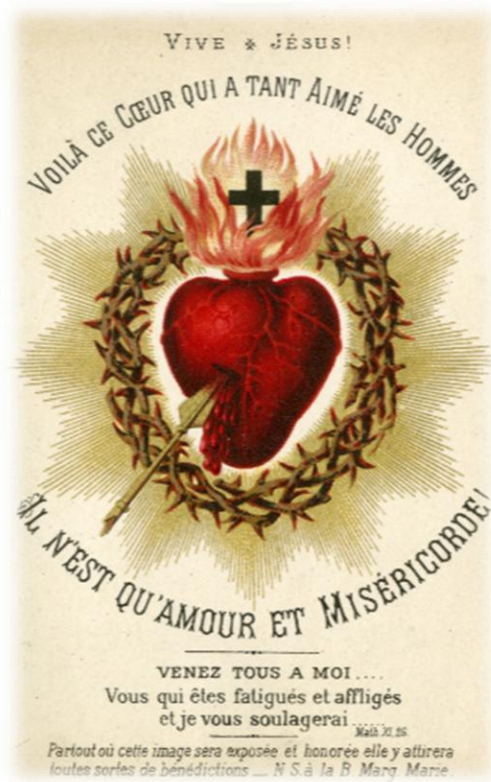
While reflections on the heart of Jesus date to the earliest writings of Christianity, the modern devotion to the Sacred Heart began in 17th century France when Saint Margaret Mary Alacoque received visions of Jesus revealing his heart burning with love for humanity. In this revelation, Jesus expressed his desire to be honored in a special way through his Sacred Heart. This devotion grew when Pope Pius IX extended the observance to the universal Church in 1856, and later when Saint Mary of the Divine Heart urged Pope Leo XIII to consecrate the world to the Sacred Heart of

Jesus, which he did in 1899 through his encyclical, *Annum Sacrum*.

There have been four papal encyclicals on the Sacred Heart of Jesus: *Annum Sacrum* (on consecration to the Sacred Heart), Pope Pius XI's 1928 encyclical *Miserentissimus Redemptor* (on reparation to the Sacred Heart), Pope Pius XII's 1956 encyclical *Haurietis Aquas* (on devotion to the Sacred Heart), and Pope Francis' 2024 encyclical *Dilexit Nos* (on the human and divine love of the heart of Jesus Christ).

Act

Take time today and reflect on the Six Symbolic Meanings of the Christ's Human Heart:



- The Heart stands for the physical heart of Jesus and His sacrificial love for humanity.
- The pierced and bleeding heart reminds us of St. Longinus, the Roman soldier who thrust his sword into Christ's side, piercing his heart on the cross. From this blood and water gushed forth from the side of Christ.
- The crown of thorns is the symbol of the crown placed on the head of Jesus to mock Him as King, and torture Him before his crucifixion.
- The cross on the top of the heart stands for Christ's Redemptive work from the Cross that saved humanity.
- The flames on the heart are symbolic of the burning love Christ has for all of humanity.
- The light surrounding the heart stands for the divine light that shines in the darkness of this world.

Source: <https://www.ccjc3.org/six-symbolic-meanings/>

Day 2 - Heart of Jesus, source of justice and love

Pray

When contemplating the Sacred Heart as the source of justice and love, we connect Christ's love for us with our love for others. As Pope Francis said in *Dilexit Nos*, "Our best response to the love of Christ's heart is to love our brothers and sisters. There is no greater way for us to return love for love" (no. 167). As we meditate on the love Christ has for us, let us pray this Prayer to the Sacred Heart of Jesus for Love and Mercy.

Lord Jesus, You gave your life for us. Your Sacred Heart is ablaze with love. Your hand extends towards me, and towards all, offering love, mercy, and healing. Sacred Heart of Jesus may your love transform me. Burn away my hesitation that I may become your love and radiate your mercy. Amen.

Learn

Saint Margaret Mary Alacoque, who reflected on the Sacred Heart wrote, "I received from my God excessive graces of his love, and I felt

moved by the desire to respond to some of them and to respond with love for love" (Autobiography, no. 55). Both Pope Francis in *Dilexit Nos* and Pope Leo XIV in *Dilexi Te* teach us that our encounter with the love of Christ's heart allows us to build up God's kingdom in this world. Pope Leo emphasizes that "God has a special place in his heart for those who are discriminated against and oppressed, and he asks us, his Church, to make a decisive and radical choice in favor of the weakest" (*Dilexi Te*, no. 16). For centuries, the Church has established missions centered on the love of the heart of Christ, such as the Society of the Sacred Heart founded in 1800. The Society states in its constitution: "Caught up as we are in the desires of the heart of Jesus, we want people to grow in dignity, as human beings and as children of God. Our



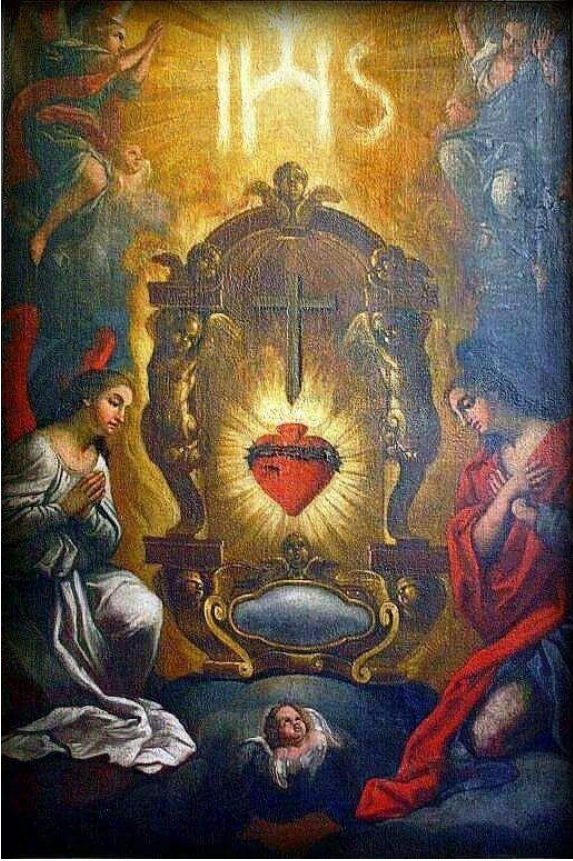
starting point is the Gospel, with all that it demands from us of love, forgiveness and justice, and of solidarity with those who are poor and rejected by the world”
(Constitutions of 1982, 7).

Act

Pray the rosary for all elected officials that they may have the guidance and wisdom to create a just, peaceful society that honors the human dignity of all people living in our nation.

Appendix A - How to pray the rosary.

Day 3 - Heart of Jesus, worthy of all praise



Pray

Saint John Henry Newman took the episcopal motto *Cor ad cor loquitur* (“Heart speaks unto heart”), understanding that the Lord saves us by speaking to our hearts from his Sacred Heart. It was in the Holy Eucharist, the greatest form of praise to God, that Saint John Henry Newman cultivated his deepest encounter with the living heart of Jesus. Let us pray with Saint John Henry Newman so that we might hear the Sacred Heart speak to us when we praise and adore Jesus in the Eucharist.

O most Sacred, most loving Heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still... I worship Thee then with all my best love and awe, with my fervent affection, with my most subdued, most resolved will. O my God, when Thou dost condescend to suffer me to receive Thee,

to eat and drink Thee, and Thou for a while takest up Thy abode within me, O make my heart beat with Thy Heart (Meditations and Devotions, London, 1912, Part III [XVI], par. 3, pp. 573-574).

Learn

Pope Francis reflects in *Dilexit Nos* that it is in the Eucharist that the ever-present love of the Sacred Heart invites us into union with Christ. At the same time, the Holy Father warns that in the frenetic pace of today’s world, “we forget to nourish our lives with the strength of the Eucharist;” therefore, he recommends that we spend an hour in adoration before the Blessed Sacrament every Thursday. Pope Francis goes on to say, “When we carry [adoration] out with devotion, in union with many of our brothers and sisters and discover in the Eucharist the immense love of the heart of Christ, we ‘adore, together with the Church, the sign and manifestation of the divine love that went so far as to love, through the heart of the incarnate Word, the human race’” (no. 85). In Saint Margaret Mary Alacoque’s visions of the Sacred Heart of Jesus, we see the light and fire of the Lord of life who transforms our human hearts. One such vision occurred in meditation before the Blessed Sacrament, when Saint Margaret sees Christ’s paschal mystery in all its splendor: “Once, when the Blessed Sacrament was exposed, Jesus appeared, resplendent in glory, with his five

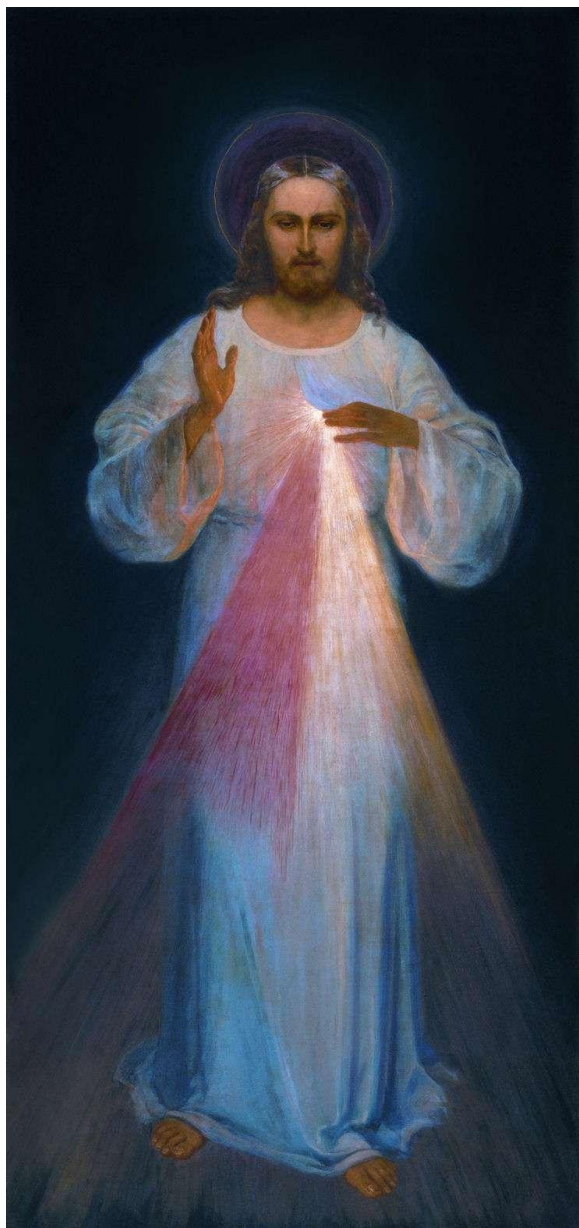
wounds that appeared as so many suns blazing forth from his sacred humanity, but above all from his adorable breast, which seemed a fiery furnace. Opening his robe, he revealed his most loving and lovable heart, which was the living source of those flames” (Autobiography, no. 55).

Act

Seek to deepen your relationship with the Sacred Heart of Jesus in the Eucharist. Try to **attend Mass and/or adoration offered at a parish near you**. If you are unable to leave your home, make a Holy Hour in meditating on the wounds of the Sacred Heart of Jesus.

Our parish, Holy Comforter Saint Cyprian, has daily Mass (M-F) at 7 am in the chapel and will have adoration today, Friday, June 5 in the church from 6 pm - 7 pm. Confessions will also be heard.

Day 4 - Heart of Jesus, patient and full of mercy



Pray

Perhaps the most well-known reflection on the merciful heart of Jesus can be found in the Divine Mercy devotion. Saint Faustina Kowalska, a 20th century Polish sister, revealed that Jesus appeared to her with rays emanating from his heart and instructed her to paint his image with the signature “Jesus, I trust in you,” and that all who venerate the image of Divine Mercy will not perish. Trusting in the endless mercy of Jesus, let us pray with Saint Faustina from the Chaplet of Divine Mercy.

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy itself. Amen (Diary: Divine Mercy in My Soul, 950).

Learn

The merciful heart of Jesus is at the center of his ministry, both in Scripture and throughout the history of the Church. Saint John Paul II reflects that when we draw close to the heart of Christ, it is revealed that the “merciful love of the Father...constituted the central content of the messianic mission of the Son of Man” (Dives in Misericordia, 1980).

To this point, Saint Gregory the Great instructs us to “learn the Heart of God in the words of God;” and we see the heart of God revealed when Jesus quotes the prophet Hosea to the Pharisees, saying, “Go and learn what this means, ‘I desire mercy, not sacrifice’” (Matthew 9:13). The earliest saints of the Church took Christ’s command seriously, preaching that our response to the words of Jesus must be to live our faith by showing mercy to others. In the third century, Saint Gregory of Nazianzus taught, “The Lord of all asks for mercy, not sacrifice... Let us then show him mercy in the persons of the poor and those who today are lying on the ground, so that when we come to leave this world they may receive us into everlasting dwelling places” (Oratio XIV, 40: PG 35, Paris 1886, 910).

Act

Pray the Chaplet of Divine Mercy in reparation for all the sins committed against the Sacred Heart of Jesus.

Appendix B - How to recite the Divine Mercy Chaplet

Day 5- Heart of Jesus, fountain of life and holiness



Pray

The love poured out from the Sacred Heart of Jesus is a constant source of renewal for the missionary spirit of the Church and our call to universal holiness. Servant of God Fr. Jules Chevalier, who founded the Missionaries of the Sacred Heart of Jesus in 1854, recited this daily prayer to remain close to the Sacred Heart.

Lord, I come to Your tender Heart today, to You who have words that set my heart ablaze, to You who pour out compassion on the little ones and the poor, on those who suffer, and on all human miseries. I desire to know You more, to contemplate You in the Gospel, to be with You and learn from You and from the charity with which You allowed Yourself to be touched by all forms of poverty. You showed us the Father's love by loving us without measure with Your divine and human Heart. Grant all Your children the grace of encountering You. Change, shape, and transform our plans, so that we seek only You in every circumstance: in prayer, in work, in encounters, and in our daily routine. From this encounter, send us out on mission, a mission of compassion for the world in which You are the source from which all consolation flows. Amen.

Learn

The devotion of the wounds of Christ as the fountain of life and holiness dates to the earliest Christians. The Church Fathers interpreted the blood and water flowing from Christ's side as a profound mystery, fulfilling His promise to provide living water (John 4:13–14; 7:37), which symbolized the Holy Spirit's outpouring on the Church and the cleansing waters of baptism. We see an early correlation to the heart of Jesus in the words of Origen of Alexandria, who said, "Out of his heart shall flow rivers of living water" (In Num. homil. 12, 1: PG 12, 657). In the 13th century, Saint Bonaventure connected the salvation that flows from the pierced heart of Christ to the sacramental life of the Church, reflecting that the price of our salvation flows "from the hidden wellspring of his heart, enabling the Church's sacraments to confer the life of grace" (Lignum

Vitae. De mysterio passionis, 30). Pope Francis encouraged the devotion of the pierced heart of Christ as the fountain of life for the Church's mission. The Holy Father taught that "in contemplating the pierced heart of the Lord, who 'took our infirmities and bore our diseases' (Mt 8:17), we too are inspired to be more attentive to the sufferings and needs of others, and confirmed in our efforts to share in his work of liberation as instruments for the spread of his love" (Dilexit Nos, no. 171).

Act

When Jesus revealed his heart to Saint Margaret Mary Alacoque, he imparted 12 promises to all who venerate his Sacred Heart. One promise is that Jesus will "bless the home in which the image of my Sacred Heart shall be exposed and honored." **When we place the image of the Sacred Heart of Jesus in a prominent place in our homes, we signify that Jesus is king and the center and source of love for all. Consider enthroning the Sacred Heart in your home**

Day 6 - Heart of Jesus, atonement for our sins



Pray

As we consider the Sacred Heart of Jesus and Christ's great love for humanity, we reflect on how we have fallen short of his love and the need to atone for our sins. We also take this moment to repent as a nation for the sins of our country's past. Let us pray for forgiveness and healing from the harms caused by our nation's original sins of slavery and racism. A central element of devotion to the Sacred Heart is reparation – the practice of making amends for the wrongs we have done, asking Christ to forgive our sins and convert our hearts to love as he loves. Let us pray with St. Alphonsus Liguori, founder of the Redemptorists, as we atone for our sins and consecrate ourselves to the heart of Jesus:

My Jesus, I love You with my whole heart. I am sorry for having so many times offended Your infinite goodness. With the help of Your grace, I purpose never to offend You again. And now,

unworthy though I am, I consecrate myself to You without reserve. I renounce and give entirely to You my will, my affection, my desires, and all that I possess.

Learn

In Pope Pius XI's encyclical, *Miserentissimus Redemptor* (on reparation to the Sacred Heart), the Holy Father connects our love for Christ with the realization that the wounds we inflict on others are the same wounds inflicted on Our Lord on the cross. He states, "Anyone possessed of great love for God, and who looks back to the past, can dwell in meditation on Christ, and see him laboring for man, sorrowing, suffering the greatest hardships, 'for us men and for our salvation'... The more the faithful ponder all these things the more clearly they see that the sins of mankind, whenever they were committed, were the reason why Christ was delivered up to death" (no. 13). The image of the pierced heart of Christ has its meaning in our sinfulness, and when we devote ourselves to the Sacred Heart, we are compelled to repair the damage we have done. In a reflection about seeking authentic reparation, Bishop Joseph Perry explores how the Sacred Heart can lead us to reconcile our human hearts to one another. He says, "In the Catholic tradition, reparation is not a transaction, but a sacred offering—one that involves not only words, but gestures. Just as the Sacrament of Penance invites physical expressions of contrition—making the sign of the cross, performing a penance, offering restitution—so too do acts of reparation in communal life require gestures of sincerity, and concrete actions."

Act

There are many ways **we can offer reparation to the Sacred Heart**. When we go before Jesus in the Eucharist, Pope Pius XI recommends making a Communion of Reparation or a Holy Hour for the atoning of sins (Misericordissimus Redemptor, no. 12).

Day 7 - Heart of Jesus, source of all consolation



Pray

In *Dilexit Nos*, Pope Francis describes the consoling nature of devotion to the Sacred Heart as “flesh and blood in the Church’s pilgrimage through history;” a mutual sharing of suffering between Christ and us (no. 157). Because Christ bore our sin in the wounds of his passion and death on the cross, we console him for our affronts. Because we also raise up our suffering to Christ,

we ask him to console us. Let us ask the Sacred Heart of Jesus for strength and increased faith with this prayer by Blessed Miguel Pro, S.J.

I believe, O Lord, but strengthen my faith... Heart of Jesus, I love Thee; but increase my love. Heart of Jesus, I trust in Thee; but give greater vigor to my confidence. Heart of Jesus, I give my heart to Thee; but so enclose it in Thee that it may never be separated from Thee. Heart of Jesus, I am all Thine; but take care of my promise so that I may be able to put it in practice even unto the complete sacrifice of my life. Amen.

Learn

The heart of Christ has always been a source of consolation for the Church. We hear Jesus’ great love for us in Scripture, as when he reassures us of the Father’s care in the Sermon on the Mount. We are consoled with God’s intimate love when we are told how we are “fearfully and wonderfully made” (Psalm 139:14) and “even the hairs of your head are all counted” (Matthew 10:30).

Saint Francis de Sales teaches that all our names are written on the heart of God: “Surely it is a source of profound consolation to know that we are loved so deeply by our Lord, who constantly carries us in his heart” (Sermon for the Second Sunday of Lent, February 20, 1622).

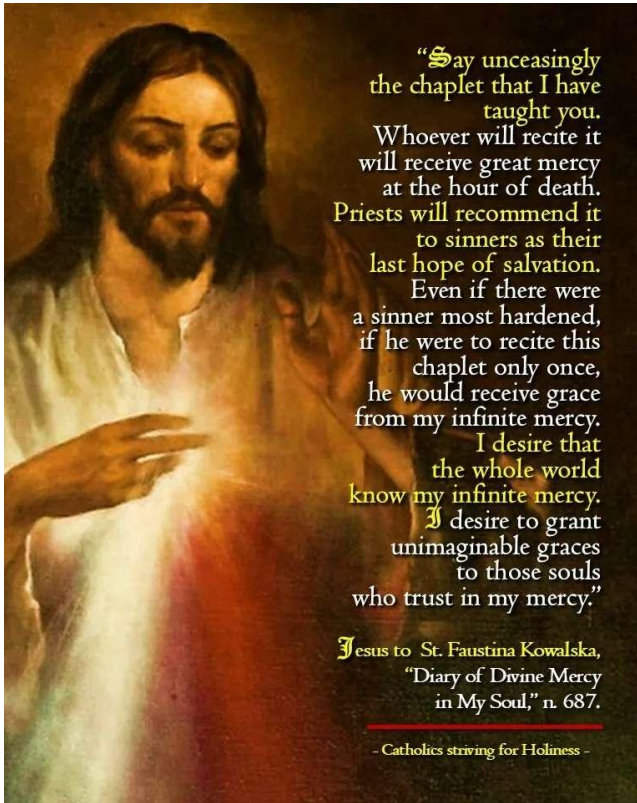
Pope Francis tells us that when we contemplate the heart of Christ and his self-surrender even to death, we are consoled in Christ’s love for us: “The grief that we feel in our hearts gives way to complete trust and, in the end, what endures is gratitude, tenderness, peace; what endures is Christ’s love reigning in our lives” (*Dilexit Nos*, no. 161).

Act

Just as we find consolation in the Sacred Heart of Jesus, so too should we pray for others so that they might also encounter the consoling love of Christ. Every day, Padre Pio would **pray the Efficacious Novena to the Sacred Heart of Jesus for the intentions of all who asked him to pray for them, ending each intention with “Sacred Heart of Jesus, I place all my trust in you.” Consider entrusting your intentions to the Sacred Heart as Padre Pio did.**

Appendix C – Efficacious Novena to the Sacred Heart of Jesus

Day 8 – Jesus, gentle and humble of heart



Pray

Saint Thérèse of Lisieux, “the Little Flower,” profoundly understood the gentle and humble heart of Jesus. In contemplating how to be transformed by Christ's love, she reflected that “What pleases [Jesus] is that he sees me loving my littleness and my poverty, the blind hope that I have in his mercy... the weaker one is, without desires or virtues, the more suited one is for the workings of this consuming and transforming Love ” (Letter 197 to Sister Marie of the Sacred Heart, September 17, 1896). Let us join with Saint Thérèse in praying for our hearts to be humble like Jesus

O Jesus! When You were a Pilgrim on earth, You said: “Learn of Me for I am gentle and humble of heart and you will find rest for your souls.” O Mighty Monarch of Heaven, my soul finds rest in seeing You, clothed in the form and nature of a

slave, humbling Yourself to wash the feet of Your apostles... I beg You, my Divine Jesus, to send me a humiliation whenever I try to set myself above others. I know that You humble the proud soul but to the one who humbles one’s self. You give an eternity of glory... To obtain this grace of Your infinite mercy I will very often repeat: “O Jesus, gentle and humble of heart, make my heart like Yours!” Amen.

Learn

Saint John Paul II notes that only once in Scripture does Jesus refer to his own heart, when he instructs us to learn from his humility and gentleness in Matthew 11. The Holy Father concludes that our Lord stresses these features “as if to say that only in this way does he wish to win us to himself” (Catechesis, June 20, 1979). The saints, facing the challenges of their age, looked to the heart of Christ as a model to respond with humility and grace. Saint Claude de La Colombière reflected on the attitude of Christ’s heart in his greatest hours of suffering: how during his passion, his heart remained firmly directed to God, and despite the betrayal of Judas and the abandonment of his apostles, Christ did not respond with hatred or indignation – but forgiveness. Saint Claude resolved to “present myself anew to this heart free of anger, free of bitterness, filled instead with genuine compassion towards its enemies” (Spiritual Exercises in Lyon, October/November 1674, *ibid.*, p. 45).

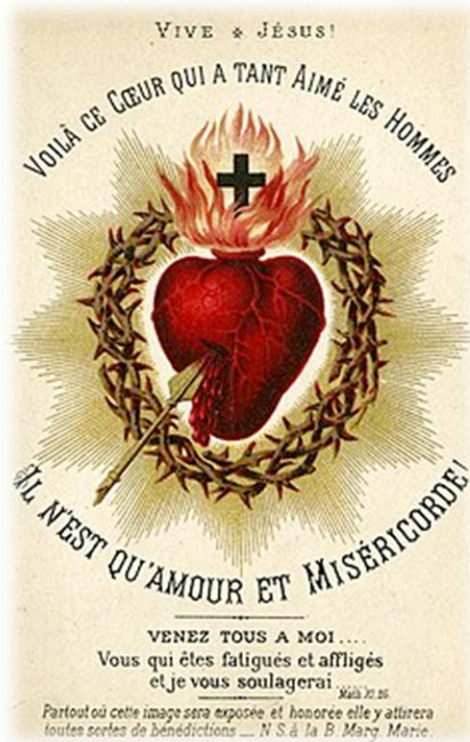
Act

Devotion to the Sacred Heart allows us to put aside our pride and respond to the challenges of life. Saint Vincent de Paul teaches us: “We should remember that [Christ] himself said that by gentleness we inherit the earth. If we act on this, we will win people over so that they will turn to the Lord. That will not happen if we treat people harshly or sharply” (Saint Vincent de Paul, Common Rules of the Congregation of the Mission, May 17, 1658, c. 2, 6).

Use this Examination of Conscience to reflect on how you are acting on Christ’s teachings to love humbly and gently. ***Go to Confession*** and then, conclude with Saint Thérèse of Lisieux’s prayer: “O Jesus, gentle and humble of heart, make my heart like Yours!”

Appendix D - Examination of Conscience

Day 9 - Prepare to make Consecration to the Sacred Heart of Jesus



At the end of the novena, try to **go to Confession and receive Holy Communion with the intention of giving yourself to Jesus Christ.** After Communion, you should recite the consecration prayer. You should consider writing it down or have it written and sign it on the same day the consecration is made. The prayer of consecration is on page 19. **It would also be good that on the day of consecration to do a fast, a mortification or alms in reparation for your unfaithfulness to the Sacred Heart of Jesus.**

Please join us at Holy Comforter Saint Cyprian to celebrate the Feast of the Sacred Heart, Friday, June 12, 2026. Schedule is as follows:

7 am Morning Mass

Adoration in the parish after the 7 am daily Mass till 7 pm (confessions 6pm-7 pm)

7 pm Mass and Consecration prayer

Please sign up for adoration using the QR code or link below:

<https://www.signupgenius.com/go/904044EADAD2FA4FC1-49314090-first?useFullSite=true#/>

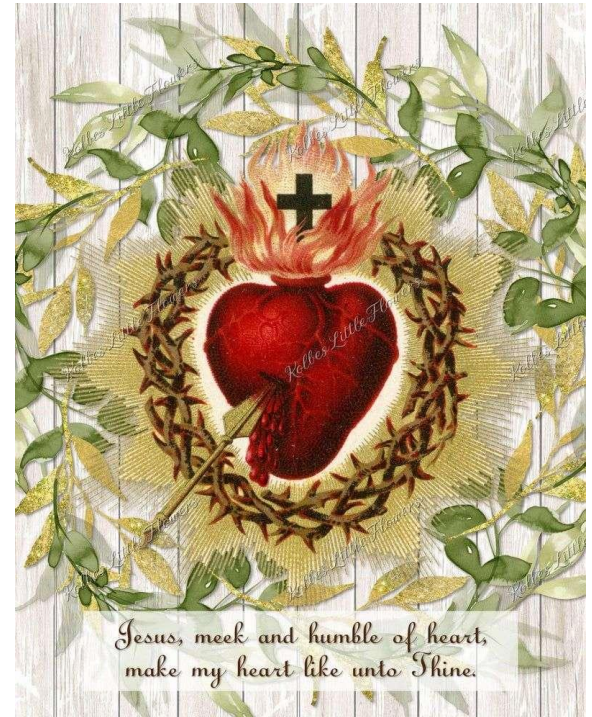


Consecration of the United States to the Sacred Heart of Jesus

Pray

Today, we consecrate the United States of America to the Sacred Heart of Jesus. Parishes and individuals around the country are encouraged to join the U.S. Catholic bishops in this historic occasion, beginning with this Prayer to the Sacred Heart of Jesus written for the consecration.

O Most Sacred Heart of Jesus: You know the longings of our hearts, and you desire that we enjoy friendship with you. From your pierced side, you have poured out the wellspring of life, for which we thirst. Your heart burns with a love for all people to return to a right relationship with you. We celebrate the abundant gifts you have given this nation, founded on the self-evident truths that our Creator has endowed all people with the right to life, liberty, and the pursuit of happiness. We make reparation for the offenses against you and against human dignity that have taken place in this nation. May our hearts be united to yours, so that our families and communities enjoy peace and happiness; may broken relationships be reconciled, injustices repaired, and the wounds of our land be healed. May your holy Catholic Church serve as a sign, pointing all people to your infinite love. O Desire of Nations and Center of History, we ask you to bless these United States of America. Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever. Amen.



Most Sacred Heart of Jesus, have mercy on us! - Immaculate Heart of Mary, pray for us!

Learn

Why do we consecrate to the Sacred Heart of Jesus? In the first such act in 1899, when Pope Leo XIII consecrated the world to the Sacred Heart of Jesus, he writes in his encyclical, *Annum Sacrum*: “Since there is in the Sacred Heart a symbol and the express image of the infinite love of Jesus Christ that moves us to love one another, it is fit and proper that we should consecrate ourselves to his most Sacred Heart – an act that is nothing else than an offering and a binding of oneself to Jesus Christ.” Likewise, in Saint John Paul II’s Message for the Centenary of the Consecration of the Human Race to the Divine Heart of Jesus, he reflected on the need for a missionary spirit of the Church that flows from consecration to the Sacred Heart: “Consecration thus understood is to be joined to the missionary activity of the Church herself, because it answers the desire of Jesus’ Heart to propagate in the world, through the members of his Body, his total dedication to the kingdom, and to unite the Church ever more closely to his offering to the Father and his being for

others.” In addition to drawing us into deeper unity with Christ, consecration to the Sacred Heart also reveals a message that Saint John Paul II called “necessary for humanity today”: Only in Christ’s love can we discover the gentleness and forgiveness needed to heal the conflicts that wound our world (Angelus 2002).

Act

As we conclude this Novena to the Sacred Heart, we reflect with Pope Francis in *Dilexit Nos*. “There are moments when [Jesus] speaks to us inwardly, calls us and leads us to a better place. That better place is his heart. There he invites us to find fresh strength and peace: ‘Come to me, all who are weary and are carrying heavy burdens, and I will give you rest’ (*Mt* 11:28)” (no. 43).

Let us go forth with this renewed sense of strength and peace, consoled by the great love that Jesus has for us and transformed by the missionary fire of his Sacred Heart.

Appendix A – How to Pray the Rosary

Familiarize yourself and/or your group with the [prayers of the rosary](#).

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) say the *Our Father*.
7. While fingering each of the ten beads of the decade, say ten Hail Marys while meditating on the Mystery. say a *Glory Be*.
(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most of your mercy.*)

8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:
V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.



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THE PRAYERS OF THE ROSARY

Appendix B – How to recite the Divine Mercy Chaplet

The Divine Mercy Chaplet is recited using ordinary rosary beads with five decades, beginning with the Sign of the Cross and optional opening prayers. The core structure involves repeating specific prayers on the large "Our Father" beads and the ten small "Hail Mary" beads of each decade, concluding with a trinitarian invocation.

1. Opening Prayers

- **Sign of the Cross:** "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
- **Optional Opening:** "You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us." (Repeat three times)
- **Response:** "O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!"
- **Traditional Prayers:** Recite one **Our Father**, one **Hail Mary**, and the **Apostles' Creed**.

2. The Five Decades

On each of the five large beads (Our Father beads), pray:

"Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world."

On each of the ten small beads (Hail Mary beads) following each large bead, pray:

"For the sake of His sorrowful Passion, have mercy on us and on the whole world."

3. Conclusion

After completing all five decades, pray the following three times:

"Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."

Optional Closing Prayer: "Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself. Amen."

It is traditional to pray this chaplet at **3:00 PM**, honoring the hour of Jesus' death, though it may be prayed at any time.

Appendix C – Efficacious Novena to the Sacred Heart of Jesus

This novena prayer was recited every day by Padre Pio for all those who asked for prayers.

The faithful are invited to recite it daily, so as to be spiritually united with the prayer of Padre Pio.

I. O my Jesus, you have said: “Truly I say to you, ask and it will be given you, seek and you will find, knock and it will be opened to you.” Behold I knock, I seek and ask for the grace of *[insert your intention.]*

Our Father...Hail Mary...Glory be to the Father...Sacred Heart of Jesus, I place all my trust in you.

II. O my Jesus, you have said: “Truly I say to you, if you ask any thing of the Father in my name, He will give it to you.” Behold, in your name, I ask the Father for the grace of *[insert your intention.]*

Our Father...Hail Mary...Glory be to the Father...Sacred Heart of Jesus, I place all my trust in you.

III. O my Jesus, you have said: “Truly I say to you, heaven and earth will pass away but my words will not pass away.” Encouraged by your infallible words I now ask for the grace of *[insert your intention.]*

Our Father...Hail Mary...Glory be to the Father...Sacred Heart of Jesus, I place all my trust in you.

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of you, through the Sorrowful and Immaculate Heart of Mary, your tender mother and ours.

Say the Hail, Holy Queen and add: St. Joseph, foster father of Jesus, pray for us.

Appendix D – Examination of Conscience

Weekly Examen for Holy Hour

The “Weekly Examen” will be used in the holy hours. This examen is based on the five points in the “Daily General Examen” in *The Spiritual Exercises*.

Gratitude:

My precious Lord, as I adore Your sacred presence in this time of prayer, help me to be keenly aware of the many blessings of this past week. May I be attentive to the powerful ways that You have been at work in my life as well as the most subtle of ways. May I see all the ways that You have blessed me in abundance.

Now call to mind the many blessings of the week and make a quick list of all the ways God has blessed you—for example, life, health, friendship, family, an activity, a particular encounter with someone, a kind word given or received, a fruitful time of prayer, an insight received, and any/every way that God has blessed you.

Lord, You have blessed me in an abundance of ways. Your gifts are continually bestowed upon me. I thank You this day not only for the great and powerful ways in which You have blessed me but also for every small gift of Your grace this week.

Petition:

Lord, I also know that You have much to say to me during this time of prayer. Please open my mind and heart right now to whatever it is that You want to say. Help me to see all that keeps me from loving You and others, and help me to see the ways You are at work in my life. As I see, help me to listen and respond to this gift of Your grace.

Weekly Review:

Review the activities of the past week. Review your journal (if you use one) to consider the various ways God has been speaking to you over the past weeks. Have you been responding to the daily inspirations you have received this past week?

Lord, I thank You for helping me to see the ways that You have been at work in my life this week. Thank You for the joys, the consolations and the countless blessings You have bestowed upon me. I pray that I will continually be aware of Your workings in my life so that I can hear Your voice more clearly and follow Your will with greater abandonment and love.

Forgiveness:

Now spend time examining your conscience. During the “[Foundational Meditations](#),” use the examinations of conscience on the [Seven Capital Sins](#) and the [Ten Commandments](#). For the rest of the year, primarily focus on different parts of the examination on [faith, hope and charity](#).

I also pray that You bestow upon me Your mercy for my sins. Please give to me the grace of humility so that I can admit all my sins without reserve. I pray that every sin will be forgiven, and I open myself to Your grace so that Your merciful Heart will create me anew. Your presence in my life brings great joy; my sin leads to sorrow and despair.

For every sin that I have committed this week, I am sorry and I beg for Your forgiveness, my merciful Lord.

Renewal and Resolution:

Make your personal resolutions here for the coming week based on what God has spoken to you in these reflections. Then conclude with this prayer:

My dear Lord, I resolve to serve You more faithfully. Help me to put into practice all You have revealed. I choose You as my Lord. I choose You as my Guide and pray for Your abundant blessings for the week ahead.

Amen.

Source: <https://mycatholic.life/books/ignatius/part-three-additional-prayer-materials-for-use-throughout-the-year/weekly-examen-for-holy-hour/>

Examination of Conscience: Seven Capital Sins

Preparatory Prayer:

My precious and divine Lord, as I begin an examination of conscience, help me to see my soul as You see it. In Your perfect mercy, You love me as I am, even though my sin keeps me from entrusting my life more fully to You.

May I see my sin so that You can gently free me from these obstacles to Your love. Give me courage and confidence in You Who are Love and Mercy itself. Jesus, I trust in You. Have mercy. Amen.

Pride: Pride is an untrue opinion of ourselves, an untrue idea of what we are not.

Do I have a superior attitude in thinking or speaking or acting? Am I snobbish? Do I have an offensive, haughty way of acting or carrying myself? Do I hold myself above others? Do I demand recognition? Do I desire to be always first? Do I seek advice? Am I ready to accept advice? Am I in any sense a “bully”? Am I inclined to be “bossy”? Do I speak ill of others? Have I lied about others? Do I make known the faults of others? Do I seek to place the blame on others, excusing myself? Is there anyone to whom I refuse to speak? Is there anyone to whom I have not spoken for a long time? Am I prone to argue? Am I offensive in my arguments? Have I a superior “know-it-all attitude” in arguments? Am I self-conscious? Am I sensitive? Am I easily wounded?

Envy: Envy is a sadness which we feel, on account of the good that happens to our neighbor.

Do I feel sad at the prosperity of others? At their success in games? In athletics? Do I rejoice at their failures? Do I envy the riches of others?

Sloth: Sloth is a kind of cowardice and disgust, which makes us neglect and omit our duties rather than discipline ourselves. Have I an inordinate love of rest, neglecting my duties? Do I act lazily? Am I too fond of rest? Do I take lazy positions in answering prayers? Do I kneel in a lounging way? Do I delight in idle conversation? Do I fail to be fervent in the service of God?

Lust: Lust is the love of the pleasures that are contrary to purity.

Have I desired or done impure things? Have I taken pleasure in entertaining impure thoughts or desires? Have I read impure material, listened to music with impure lyrics, or looked at impure images, whether in photos or on television or in movies or on the Internet? Have I aroused sexual desire in myself or another by impure kissing, embracing, or touching? Have I committed impure actions alone, i.e., masturbation? Do I dress immodestly or am I too concerned with the way I look? Do I use vulgar language or tell or listen to impure jokes or stories? Have I given in to desires of adultery even in my imagination?

Covetousness: Covetousness is a disordered love of the goods of this world.

Do I dispose of my money improperly or selfishly? Do I discharge my duties in justice to my fellow man? Do I discharge my duties in justice to the Church?

Gluttony: Gluttony is a disordered love of eating and drinking.

Do I eat to live or live to eat? Do I drink to excess? Do I get drunk? Do I misuse prescription drugs? Do I use illegal drugs? Have I allowed myself to become addicted to alcohol and/or drugs?

Anger: Anger is an emotion of the soul, which leads us violently to repel whatever hurts or displeases us.

Am I prone to anger? Does practically any little thing arouse my temper? Do I fail to repress the first signs of anger? Do I fail to get along well with everybody? Do I ponder over slights or injuries and even presume them? Do I rejoice at the misfortunes of others? Do I think of means of revenge? Of “getting even”? Am I of an argumentative disposition? Have I a spirit of contradiction? Am I given to ridicule of persons, places, or things? Am I hard to get along with? Do I carry grudges, remain “on the outs” with anyone? Do I talk about the faults of others? Do I reveal the faults or defects of others? Do I reveal the faults of others from the wrong motive?

Source: <https://mycatholic.life/books/ignatius/part-three-additional-prayer-materials-for-use-throughout-the-year/examination-of-conscience-seven-capital-sins/>

Examination of Conscience – Ten Commandments

1. You shall have no other gods besides the Lord your God.
 - Do I love God above all things?
 - Is He number one in my life or do I put myself before God?
 - Has money and pleasure become more important to me than the God who created me for Himself?
 - Do I pray often? Have I neglected my friendship with God by neglecting prayer?
 - Have I been involved with occult or superstitious practices, i.e., fortune telling?
 - Have I ever received Holy Communion in the state of mortal sin?
 - Have I told a lie in confession or deliberately withheld confessing a mortal sin?
2. You shall not take the Lord your God's name in vain.
 - Have I ever committed perjury that is, lied under oath in a court of law?
 - Have I ever lied after "swearing to God" that I am telling the truth?
 - Have I ever used God's name out of anger, that is, as a curse?
3. Keep the Sabbath day holy.
 - Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday)?
 - Have I ever missed Mass on a Holy Day of Obligation or an important holiday in the liturgical calendar (i.e., Holy Thursday, Good Friday, Easter Sunday, Christmas, Mary the Mother of God, etc.)?
4. Honour your father and your mother so that you may live long and flourish.
 - Do I disobey my parents?
 - Do I fail to respect them?
 - Do I swear at them?
 - Am I ashamed of them?
 - Do I let them know I love them?
 - Do I lie to them?
 - Do I steal from them?
 - Am I obeying and honouring those in place of my parents, such as teachers and principals?
 - Do I skip class?
 - Do I lie to my teachers?
 - Do I swear at them?
5. You shall not kill.
 - Am I killing myself by taking illegal drugs, such as marijuana?
 - Abusing alcohol?
 - Have I had an abortion?
 - Have I ever counselled anyone to have an abortion?
 - Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?
 - Have I used abortifacient contraceptives or encouraged anyone to do so?
 - Have I sterilized myself in any way or encouraged anyone to do so?
 - Did I participate in or approve of euthanasia or "mercy-killing"?
 - Have I murdered anyone's reputation by deliberately spreading rumours or keeping rumours alive by passing them on?
 - Do I nurse anger against anyone?
 - Hold a grudge?
 - Refuse to forgive another?
 - Have I cursed anyone?
6. You shall not commit adultery.
 - Have I ever had sex with anyone?
 - Have I had sex with myself?
 - Have I ever watched pornography either on the Internet or through some other media?
 - Have I ever freely and deliberately entertained impure thoughts?
 - Have I practiced any form of contraception?

- Am I modest in dress?
7. You shall not steal.
- Do I steal from my parents?
 - Do I steal from friends?
 - Have I ever stolen from a stranger?
 - Have I stolen any property from a store?
 - In other words, have I ever taken what rightfully belongs to another?
 - Do I gamble excessively?
 - Do I seek to share what I have with the poor and needy?
8. You shall not bear false witness against your neighbour.
- Am I a liar?
 - Am I guilty of detraction, that is, making known the faults of others?
 - Am I guilty of slander, that is, spreading lies about someone?
 - Do I gossip about others?
 - Do I reveal information that should be confidential?
 - Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?
9. & 10. You shall not envy your neighbour's wife and goods.
- Am I envious of others?
 - Do I wish that others be deprived of the goods or talents that are theirs?
 - Am I jealous of others?
 - Do I harbour unforgiveness and grudges against others?
 - Am I a resentful person?
 - Do I put down others?
-

Traditional way of going to confession:

"Bless me Father, for I have sinned. It's been _____ (weeks, months, years) since my last confession. I accuse myself of....."

* If you have any difficulty, ask the priest to help you out. He will be happy to do so.

Act of Contrition:

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, Who are all-good and deserving of all my love. I firmly intend, with your help, to sin no more and to avoid whatever leads me to sin.



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