

June 3 -11

Novena to the Sacred Heart of Jesus



United States
Conference of
Catholic Bishops

This Novena to the Sacred Heart of Jesus draws its daily devotions from the [Litany of the Sacred Heart](#).

Each day reflects on the wisdom of saints and pontiffs on the Sacred Heart and offers opportunities for prayer and action, framed by Pope Francis' encyclical [Dilexit Nos](#) (He Loved Us) and Pope Leo XIV's apostolic exhortation [Dilexi Te](#) (I Have Loved You).

The novena concludes with the consecration of the United States to the Sacred Heart of Jesus.



usccb.org/weholdthesetruths

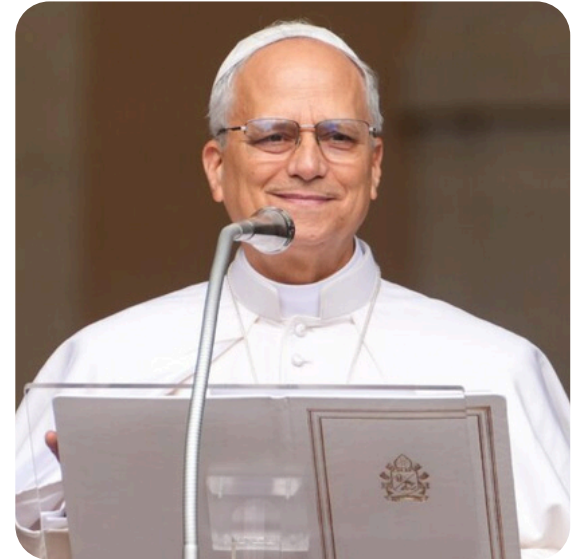
Heart of Jesus, *aflame with love for us*

June 3



Pray

In his [prayer intention](#) for June, the month dedicated to 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.



CNS photo / Lola Gomez

**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.**

Novena to the Sacred Heart of Jesus

Heart of Jesus, *source of justice and love*

June 4



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.](#)



CNS photo / Lola Gomez

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.

Novena to the Sacred Heart of Jesus

Heart of Jesus, *worthy of all praise*

June 5



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.



John Henry Newman by Sir John Everett Millais

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).

Novena to the Sacred Heart of Jesus

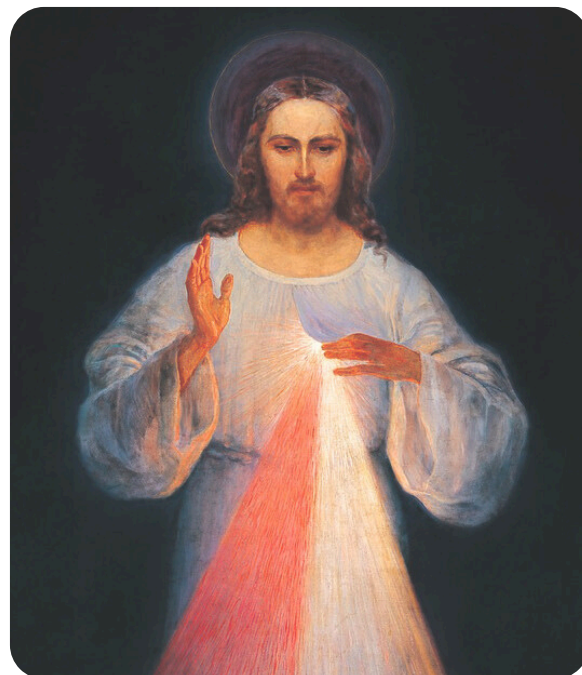
Heart of Jesus, *patient and full of mercy*

June 6



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](#).



Divine Mercy by Eugeniusz Kazimirowski

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).

Heart of Jesus, *fountain of life and holiness*

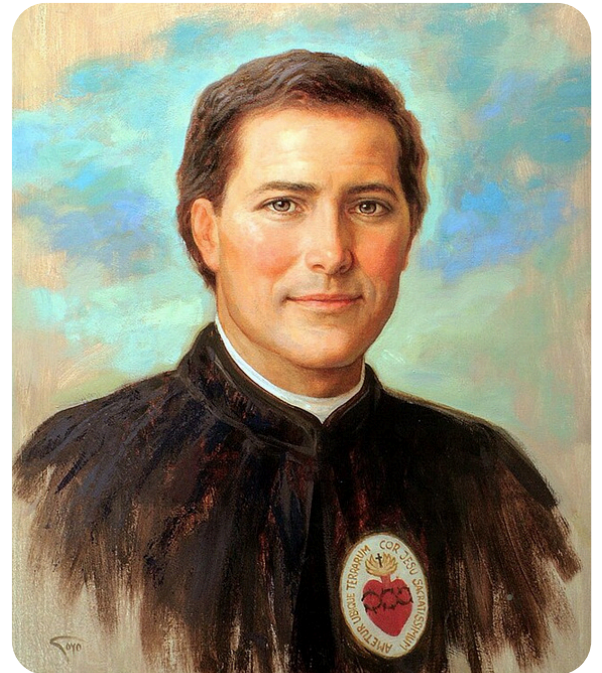
June 7



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 Jesus,
Saviour of the world and source of holiness,
look with kindness
on all whom you have chosen
to be Missionaries of your loving Heart.
Ask your heavenly Father
to keep us in your love,
and sanctify us in the truth
so that you may be glorified in us
and we may reflect your goodness.
Ask your Father to keep us from evil
that we may always be united in bonds of love.
As you are one with your Father,
so may we be one with each other
in your divine Heart,
whose sentiments shall forever be ours
and to which we consecrate ourselves
in time and for eternity. Amen.



Servant of God Jules Chevalier

Heart of Jesus, *atonement for our sins*

June 8



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:



Saint Alphonsus Liguori

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.

Novena to the Sacred Heart of Jesus

Heart of Jesus, *source of all consolation*

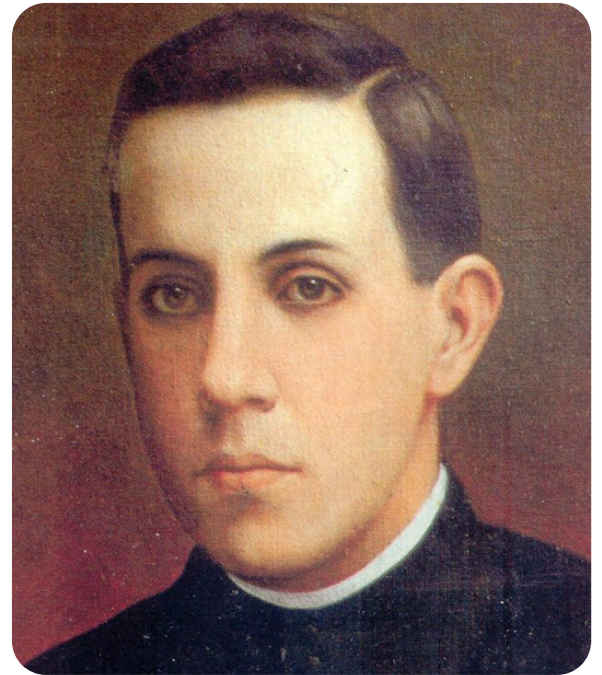
June 9



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.



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.

Jesus,

gentle and humble of heart

June 10



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.



Saint Thérèse of Lisieux

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!”

Novena to the Sacred Heart of Jesus

Consecration of the United States to the Sacred Heart

June 11



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!

Consecration of the Diocese of Orlando to the Sacred Heart



Heart of Jesus, our peace and reconciliation
Heart of Jesus, victim of our sins
Heart of Jesus, salvation of all who trust in you
Heart of Jesus, hope of all who die in you
Heart of Jesus, delight of all the saints
Lamb of God, you take away the sins of the world
Lamb of God, you take away the sins of the world
Lamb of God, you take away the sins of the world
Jesus, gentle and humble of heart.

have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
Touch our hearts and make them like your own.

Consecration Prayer:

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 the Diocese of Orlando, calling us to teach and live in your light. May our local 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 the Diocese of Orlando. We make reparation for the offenses against you and against human dignity that have taken place in our community. May our hearts be united to yours, so that our community may enjoy peace and happiness; may broken relationships be reconciled, injustices repaired, and the wounds of our hearts be healed. We entrust ourselves and our diocese to your Sacred Heart so that from our homes and parishes you would raise up many leaders of faith and a multitude of saints! You have promised that you shall not leave us orphans, so please bless us with many spiritual fathers and mothers. Strengthen the men you call to diocesan priesthood, the diaconate, the religious life, and consecrated life with merciful hearts like unto yours. Grant us spiritual mothers in religious and consecrated life who imitate the Immaculate Heart of the Blessed Virgin Mary. Jesus, may this consecration of our diocese to your Sacred Heart be proclaimed to all through our faith, hope, and love. May all see the love of Your Sacred Heart, You 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!