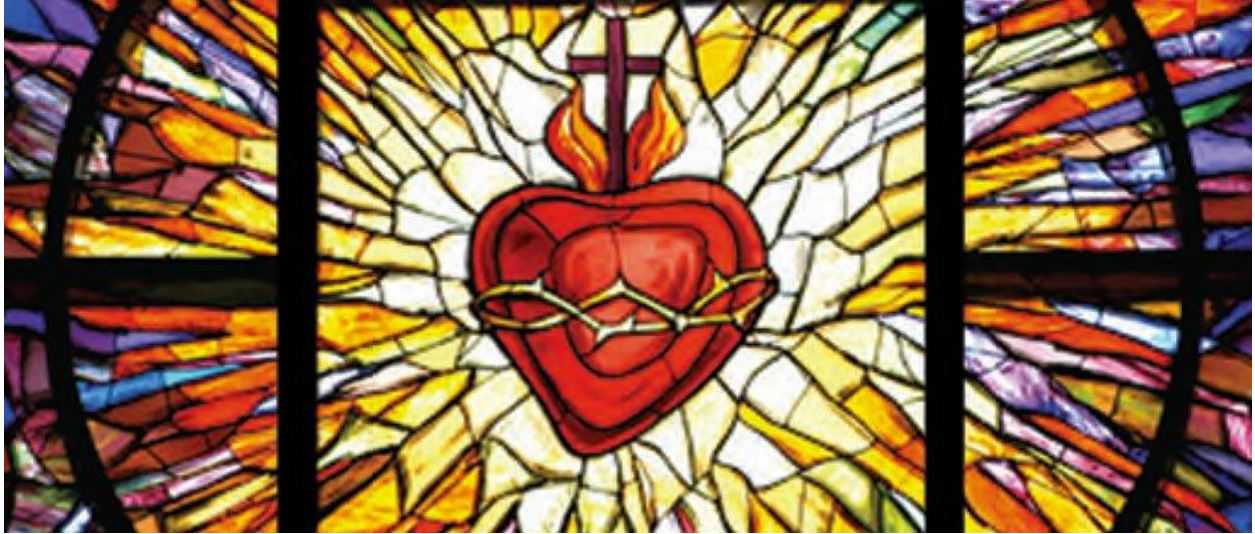


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## NOVENA TO THE SACRED HEART OF JESUS



### GOD HAS LOVED US WITH A HUMAN HEART

*The Sacred Heart reminds us that God loves us with a human heart. Christ's heart pierced on Calvary is a sign of that unconditional love that God pours out on our humanity. This novena will hopefully help us to open our hearts to the compassionate love that God always pours out on us. As we enter more deeply into the mystery of God's love for us, we pray that our hearts will be transformed to be more like his.*

DAILY THEMES FOR REFLECTION:

- Day 1 - What do you desire?**
- Day 2 - What does God desire?**
- Day 3 - When I find prayer difficult**
- Day 4 – How do we look at each other**
- Day 5 – Has no one condemned you?**
- Day 6 – Honesty in prayer**
- Day 7 – What strange friends you have, Lord!**
- Day 8 – Peace be with you!**
- Day 9– Thank you, Jesus!**

# NOVENA TO THE SACRED HEART OF JESUS

## Day 1 - What do you desire?

*In the name of the father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. John. (*John 1: 35-37*)

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, 'Look, here is the Lamb of God!' The two disciples heard him say this, and they followed Jesus.

The Gospel of the Lord.

### Reflection for the First Day

Jesus addresses the same question to you at the beginning of this novena 'What do you want?' St. Augustine said that all our desires are really a longing for God in disguise; where there is real desire, there is prayer. So, be at peace in your desire, you are already praying!

### Today's Prayer

Lord, we come to you at the start of this novena with a muddle of desires. Give us courage, to listen to what you want to say to us about these desires and give us the strength to accept your loving desires for us and for our loved ones.

### Novena Prayer

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open our hearts to hear your word, to accept your love, and to respond to your call. In particular, we beg you to grant us the favor we ask during this novena. . .

in silence. . . we will now pray our personal intention for the day (*pause for a while*)

. . . provided that it will contribute to our eternal good and to the building up of your Kingdom of justice, peace and love here on earth. Amen.

### Litany of the Sacred Heart (go to page 10)

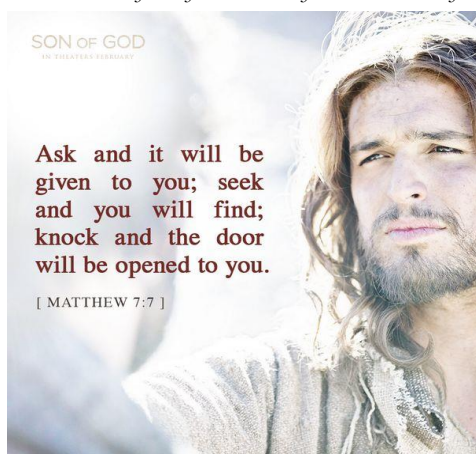
**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

## NOVENA TO THE SACRED HEART OF JESUS

### Day 2 - What does God desire?

*In the name of the father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. Matthew.  
(Matthew 7:7-8)

‘So I say to you, Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.

The Gospel of the Lord.

### Reflection for the Second Day

St. Augustine said, ‘For yourself you have made us, O Lord, and our hearts are restless until they rest in you’. I love a change a modern theologian has made in those lines – he writes, ‘Your heart is restless until we rest in you’. Our God is vulnerable to our free response hands and side. He encourages them to listen to what the scriptures say about him and then to go and preach the Good News that He is risen.

### Today’s Prayer

Lord, I come to you full of needs. But my deepest need is to become more convinced of your love for me. Help me to believe that you are with me today, tomorrow and always. Amen.

### Novena Prayer

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open our hearts to hear your word, to accept your love, and to respond to your call. In particular, we beg you to grant us the favor we ask during this novena. . .

*in silence. . . we will now pray our personal intention for the day (pause for a while)*

. . . provided that it will contribute to our eternal good and to the building up of your Kingdom of justice, peace and love here on earth. Amen.

### Litany of the Sacred Heart (go to page 10)

**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

## **NOVENA TO THE SACRED HEART OF JESUS**

### **Day 3 – When I find prayer difficult**

*In the name of the father and of the Son and of the Holy Spirit. Amen.*



A reading from the letter of Paul to the Romans.  
(Romans 8: 26-28)

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose.

The Word of the Lord.

### **Reflection for the Third Day**

St. Thérèse of Lisieux (1873-97) once said that love was her vocation in life. Never was this vocation tested more than in the last nine months of her life as she lay dying with tuberculosis. She wrote a note to her sister Céline - 'Here is great love, to love Jesus without feeling the sweetness of his love – that is love pushed to the point of heroism.'

### **Today's Prayer**

Jesus, I believe. Help my unbelief. Jesus, you are the real bedrock of my hope. Help me always to rely on you, especially in times of doubt and trouble.

### **Novena Prayer**

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open our hearts to hear your word, to accept your love, and to respond to your call. In particular, we beg you to grant us the favor we ask during this novena. . .

*in silence. . . we will now pray our personal intention for the day (pause for a while)*

. . . provided that it will contribute to our eternal good and to the building up of your Kingdom of justice, peace and love here on earth. Amen.

### **Litany of the Sacred Heart (go to page 10)**

**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*



## NOVENA TO THE SACRED HEART OF JESUS

### Day 4 – How do we look at each other?

*In the name of the father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. Mark. (*Mark 10: 21-22*)

Jesus, looking at him loved him and said, 'You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.' When he heard this, he was shocked and went away grieving, for he had many possessions.

The Gospel of the Lord.

### Reflection for the Fourth Day

A Dominican theologian once wrote, 'A person is enlightened not when he gets an idea but when someone looks at them'. How we look at another has tremendous consequences for self-esteem. The Sacred Heart looks at each one of us with deep love, understanding and compassion. We are called to look at others in the same way.

### Today's Prayer

Jesus, you looked at the rich young man with love and yet he could not respond to your call. Help our prayer to become our looking at you looking at us and smiling with love so that we will not run from the love that you offer.

### Novena Prayer

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open our hearts to hear your word, to accept your love, and to respond to your call. In particular, we beg you to grant us the favor we ask during this novena. . .

*in silence. . . we will now pray our personal intention for the day (pause for a while)*

. . . provided that it will contribute to our eternal good and to the building up of your Kingdom of justice, peace and love here on earth. Amen.

### Litany of the Sacred Heart (go to page 10)

**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

## NOVENA TO THE SACRED HEART OF JESUS

### Day 5 – Has no one condemned you?

*In the name of the father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. John. (*John 8: 10-11*)

Jesus straightened up and said to her, 'Woman, where are they? Has no one condemned you?' She said, 'No one, sir.' And Jesus said, 'Neither do I condemn you. Go your way, and from now on do not sin again.'

The Gospel of the Lord.

### Reflection for the Fifth Day

'You do not have to be good before God will love you; you do not have to repent before you will be absolved by God. It is all the other way around. If you are good, it is because God's love has already made you so; if you want to be forgiven, that is because God is forgiving you.'

### Today's Prayer

Jesus, as I reflect upon your Sacred Heart, help me to have a deep felt knowledge that you have already forgiven and long to forgive all my sins. Your Sacred Heart is love made visible.

### Novena Prayer

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open our hearts to hear your word, to accept your love, and to respond to your call. In particular, we beg you to grant us the favor we ask during this novena. . .

*in silence. . . we will now pray our personal intention for the day (pause for a while)*

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### Litany of the Sacred Heart (go to page 10)

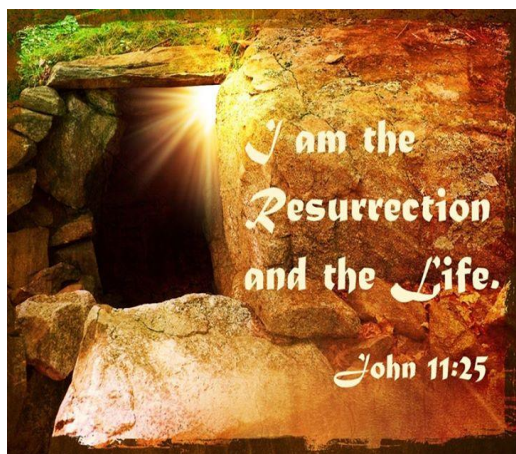
**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

## NOVENA TO THE SACRED HEART OF JESUS

### Day 6 – Honesty in prayer

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. John.

*(John 11:17-24)*

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.'

The Gospel of the Lord.

### Reflection for the Sixth Day

St. Ignatius Loyola said that we should always speak to Jesus in prayer just as one close friend would speak to another. Don't be afraid to express your real feelings to Jesus – anger, hurt, joy, sorrow, etc. When you've made your complaint or expressed your joy, don't forget one thing, listen for God's response! It may come in surprising ways.

### Today's Prayer

Jesus, I have to be honest and tell you that there've been times when I've been angry with you and I feel that you've let me down. Help me to trust that you really do have a loving plan for me and for everyone, a plan that most times I find hard to fathom.

### Novena Prayer

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open our hearts to hear your word, to accept your love, and to respond to your call. In particular, we beg you to grant us the favor we ask during this novena. . .

*in silence. . . we will now pray our personal intention for the day (pause for a while)*

. . . provided that it will contribute to our eternal good and to the building up of your Kingdom of justice, peace and love here on earth. Amen.

### Litany of the Sacred Heart (go to page 10)

**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

## **NOVENA TO THE SACRED HEART OF JESUS**

### **Day 7 – What strange friends you have, Lord!**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. Luke.  
(*Luke 6: 27-28*)

‘But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.

The Gospel of the Lord.

#### **Reflection for the Seventh Day**

You know the old saying, ‘Show me your friends and I’ll tell you who you are’? Well, Jesus had the strangest set of friends Levi (a hated tax-collector) Simon the Zealot

(a revolutionary); women in prostitution and other ‘public sinners’. Maybe I’m not such bad company for Jesus, after all!

#### **Today’s Prayer**

Jesus, you once said, ‘I’ve come not to call the virtuous but sinners to repentance.’ During your ministry, you sat and ate with sinners. This practice of yours gives me great hope that your love will bid me welcome too!

#### **Novena Prayer**

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open our hearts to hear your word, to accept your love, and to respond to your call. In particular, we beg you to grant us the favor we ask during this novena. . .

*in silence. . . we will now pray our personal intention for the day (pause for a while)*

. . . provided that it will contribute to our eternal good and to the building up of your Kingdom of justice, peace and love here on earth. Amen.

#### **Litany of the Sacred Heart (go to page 10)**

**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*



## **NOVENA TO THE SACRED HEART OF JESUS**

### **Day 8 – Peace be with you!**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. Luke. (*Luke 24: 36-39*)

While they were talking about this, Jesus himself stood among them and said to them, ‘Peace be with you.’ They were startled and terrified, and thought that they were seeing a ghost. He said to them, ‘Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.’

The Gospel of the Lord.

### **Reflection for the Eighth Day**

Peace; Look; Listen; Go Jesus greets the apostles with that soothing word, ‘Shalom’ (Peace) – it means I wish you the fullness of well-being of mind and body and soul. He then invites them to look at his hands and side. He encourages them to listen to what the scriptures say about him and then to go and preach the Good News that He is risen.

### **Today’s Prayer**

Lord, you see my poverty and you love me better than I can love myself. Supply my wants according to your mercy. Help me to accept your will without seeking to understand disappointments. Help me to resign myself entirely and absolutely to you. Amen.

### **Novena Prayer**

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

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*in silence. . . we will now pray our personal intention for the day (pause for a while)*

. . . provided that it will contribute to our eternal good and to the building up of your Kingdom of justice, peace and love here on earth. Amen.

### **Litany of the Sacred Heart (go to page 10)**

**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

## NOVENA TO THE SACRED HEART OF JESUS

### Day 9– Thank you, Jesus!

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*



A reading from the Holy Gospel according to St. Luke. (*Luke 17:17-18*)

Then Jesus asked, ‘Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?’

The Gospel of the Lord.

### Reflection for the Ninth Day

Did you know that in the Old Testament the word ‘praise’ has only one object – God! In the psalms, to praise is to live; not praising is the same as not living, not living the life which is God’s gift, to be returned in praise. A Jewish rabbi has written, ‘It is difficult to feel depressed when you remember fairly constantly that life is a gift. Faith teaches us to make a blessing over life. Making a blessing over life is the best way of turning life into a blessing.’

### Today’s Prayer

I want to say ‘thank you, Jesus’ for these nine days of prayer, of talking and listening to you more closely than usual. Thank you, especially for all the things in my life that I just take for granted every day, forgetting that they are pure gift.

### Novena Prayer

Lord Jesus Christ, your heart was moved with love for the men and women who came for help in their need. You healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way the Truth and the Life.

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### Litany of the Sacred Heart (go to page 10)

**Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

## LITANY OF THE SACRED HEART OF JESUS

Lord, have mercy .....LORD, HAVE MERCY.

Christ, have mercy .....CHRIST HAVE MERCY

Lord, have mercy .....LORD, HAVE MERCY.

Christ, hear us .....CHRIST, HEAR US.

Christ, graciously hear us .....CHRIST, GRACIOUSLY HEAR US.

God the Father in heaven.....**HAVE MERCY ON US.**

God the Son, Redeemer of the world.....

God the Holy Spirit, Holy Trinity, one God.....

Heart of Jesus, Son of the Eternal Father.....

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mary.....

Heart of Jesus, substantially united to the Word of God.....

Heart of Jesus, of infinite majesty.....

Heart of Jesus, sacred temple of God.....

Heart of Jesus, tabernacle of the Most High.....

Heart of Jesus, house of God and gate of heaven.....

Heart of Jesus, burning furnace of charity.....

Heart of Jesus, abode of justice and love.....

Heart of Jesus, full of goodness and love.....

Heart of Jesus, wellspring of all virtues.....

Heart of Jesus, most worthy of all praise.....

Heart of Jesus, King and center of all hearts.....

Heart of Jesus, in whom are all the treasures of wisdom and knowledge.....

Heart of Jesus, in whom dwells the fullness of divinity.....

Heart of Jesus, in whom the Father was well pleased.....

Heart of Jesus, of whose fullness we have all received.....

Heart of Jesus, desire of the everlasting hills.....

Heart of Jesus, patient and most merciful.....

Heart of Jesus, enriching all who invoke you.....

Heart of Jesus, fountain of life and holiness.....

Heart of Jesus, atonement for our sins.....

Heart of Jesus, overwhelmed with insults.....  
Heart of Jesus, bruised for our offenses.....  
Heart of Jesus, obedient unto death.....

Heart of Jesus, pierced with a lance.....  
Heart of Jesus, source of all consolation.....  
Heart of Jesus, our life and resurrection.....  
Heart of Jesus, our peace and reconciliation.....  
Heart of Jesus, victim of sins.....  
Heart of Jesus, salvation of those who trust in you.....  
Heart of Jesus, hope of those who die in you.....  
Heart of Jesus, delight of all Saints.....

Lamb of God, who takes away the sins of the world.....SPARE US, O LORD.  
Lamb of God, who takes away the sins of the world.....GRACIOUSLY HEAR US,  
O LORD.  
Lamb of God, who takes away the sins of the world.....HAVE MERCY ON US.

Jesus, meek and humble of Heart.....MAKE OUR HEARTS LIKE UNTO THINE.

### **LET US PRAY.**

Almighty and Eternal God, look upon the Heart of your dearly beloved Son and upon the praise and satisfaction He offers you in the name of sinners and for those who seek your mercy; be appeased, and grant us pardon in the name of the same Jesus Christ, your Son, who lives and reigns with you forever and ever. Amen.

### **Ametur Cor Jesu. . . Ametur Cor Mariae. . .**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*