

June: Month of the Sacred Heart



The month of June is dedicated to the Sacred Heart of Jesus, with the Church celebrating the Solemnity of the Sacred Heart of Jesus on the Friday (19th June).

Understood in the light of the Scriptures, the term ‘Sacred Heart of Jesus’ denotes the entire mystery of Christ, the totality of his being, and his person considered in its most intimate essentials: Son of God, uncreated wisdom; infinite charity, principal of the salvation and sanctification of mankind. The ‘Sacred Heart’ is Christ, the Word Incarnate, Saviour, intrinsically containing in the Spirit, an infinite divine-human love for the Father and for his brothers.

Scriptural Basis for the Devotion

Jesus, who is one with the Father (cf. John 10, 30), invites his disciples to live in close communion with him, to model their lives on him and on his teaching. He, in turn, reveals himself as ‘meek and humble of heart’ (Mt 11, 29). It can be said that, in a certain sense, devotion to the Sacred Heart of Jesus is a cultic form of the prophetic and evangelic gaze of all Christians on him who was pierced (cf. John 19, 37; Zac 12, 10), the gaze of all Christians on the side of Christ, transfixed by a lance, and from which flowed blood and water (cf. John 19, 34), symbols of the ‘wondrous sacrament of the Church’ (St Augustine).

The Gospel of St John recounts the showing of the Lord’s hands and his side to the disciples (cf. John 20,20), and of his invitation to Thomas to put his hand into his side (cf. John 20, 27). This event has also had a notable influence on the origin and development of the Church’s devotion to the Sacred Heart.

The Sacred Heart and Our Spiritual Life

Devotion to the Sacred Heart is a wonderful historical expression of the Church’s piety for Christ, her Spouse and Lord: it calls for a fundamental attitude of conversion and reparation, of love and gratitude, apostolic commitment and dedication to Christ and his saving work. Devotions to the Sacred Heart of Jesus are numerous. Some have been explicitly approved and frequently recommended by the Apostolic See. Among these, mention should be made of the following:

1. Personal Consecration
2. Family Consecration
3. Litany of the Sacred Heart of Jesus
4. Act of Reparation to the Sacred Heart
5. The Practice of the First Fridays

Prayer of Gratitude to the Sacred Heart

*Lord, you deserve all honour and praise,
because your love is perfect and your heart sublime.*

*My heart is filling to overflowing with gratitude for the many blessings and graces you
have bestowed upon me and those whom I love. Forever undeserving, may I always be
attentive and never take for granted the gifts of mercy and love that flow so freely and
generously from your Sacred Heart.*

Heart of Jesus, I adore you.

Heart of Jesus, I praise you.

Heart of Jesus, I thank you.

Heart of Jesus, I love you forever and always. Amen