

What is the Solemnity of the Most Sacred Heart of Jesus?



This is a movable feast that honors the Most Sacred Heart. In 1675, Jesus told St. Margaret Mary that He wanted the Feast of the Sacred Heart to be celebrated on the Friday after the Corpus Christi octave. In 1856, the Feast of the Sacred Heart became a universal feast.

St. John Paul II, a great devotee of the Sacred Heart, said, "This feast reminds us of the mystery of the love of God for the people of all times."

St. John Paul II said, "The Sacred Heart has given us everything—redemption, salvation, sanctification."

WHAT IS THE HISTORY OF THE SACRED HEART DEVOTION ?

The Sacred Heart is the actual heart of Christ and also indicates His love for humanity. The *Catechism*

of the Catholic Church says, "The prayer of the Church venerates and honors the Heart of Jesus just as it invokes his most holy name. It adores the incarnate Word and his Heart which, out of love for men, he allowed to be pierced by our sins" (CCC 2669).

In the eleventh century, Christians often meditated on the **Five Wounds of Jesus**, and the specific devotion to the Sacred Heart came from this meditation. St. Gertrude the Great, who had private revelations regarding the Sacred Heart, helped further the understanding of Jesus' Sacred Heart in the late 13th century.

Several centuries later, in 1670, St. John Eudes celebrated the first Feast of the Sacred Heart. In 1673, St. Margaret Mary Alacoque, a French Visitation nun, received her own revelations, in which Jesus explained His love for all people, even allowing St. Margaret to lay her head on His Heart, as He had also allowed St. Gertrude to do. **He asked that Catholics receive Holy Communion on the First Friday of the month and adore Him in the Holy Eucharist.**

WHY IS JESUS' HEART ON FIRE?

Jesus told St. Margaret Mary, "My Sacred Heart is so intense in its love for men, and for you in particular, that not being able to contain within it the flames of its ardent charity, they must be transmitted through all means."

St. Gertrude the Great said, "O Sacred Heart of Jesus, fountain of eternal life, Your Heart is a glowing furnace of Love. You are my refuge and my sanctuary. O my adorable and loving Saviour, consume my heart with the burning fire with which Yours is aflame. Pour down on my soul those graces which flow from Your love. Let my heart be united with Yours. Let my will be conformed to Yours in all things. May Your Will be the rule of all my desires and actions. Amen."

The Feast of the Sacred Heart serves as a powerful reminder of God's enduring love for all humanity, encouraging the faithful to trust in Jesus' mercy and to spread his love in a world in desperate need of healing and unity. As the Church celebrates this feast, it renews its commitment to living out the love of Christ, inviting all to experience the peace and joy that comes from resting in the heart of Jesus. **Sacred Heart of Jesus, pray for us!**

THE PROMISES OF THE SACRED HEART OF JESUS

Our Lord Jesus Christ made several promises to St. Margaret Mary Alacoque regarding devotion to His Sacred Heart. These promises include:

1. I will give them all the graces necessary for their state of life,
2. I will comfort them in all their troubles,
4. They shall find in My Heart an assured refuge during life and especially at the hour of death.
5. I will bestow a large blessing upon all their undertakings,
6. Sinners shall find in My Heart the source and the ocean of mercy.
7. Tepid souls shall become fervent,
8. Fervent souls shall quickly rise to great perfection.
9. I will bless the homes in which an image of My Heart shall be exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in My Heart, never to be blotted out.

Sacred Heart of Jesus,

I place all my trust in You.
Amen.