

Liturgical Living: The Month of the Sacred Heart

The month of June is dedicated to the Sacred Heart of Jesus, a beautiful expression of God's love for humanity. This devotion shows that Jesus loves us so much, His heart bursts out of His chest.

The image of the Sacred Heart of Jesus – a heart wounded and surrounded with a crown of thorns, with flames showing his suffering love for humanity – has been honored since the 12th century.

Devotion to the Sacred Heart was popularized by the visions of St. Margaret Mary Alacoque in France in the late 1600s. In the second apparition, Jesus instructed Margaret to devote the first Friday of every month to his Sacred Heart—the First Friday Devotion. Jesus promised St. Margaret Mary that He will [grant 12 special and powerful graces](#) to the devout soul who completes this devotion.

What are some ways you can honor the Sacred Heart of Jesus throughout the month of June?

- † Attend Mass on June 12, the Solemnity of the Most Sacred Heart of Jesus.
- † Put up an image of the Sacred Heart of Jesus in your home.
- † Begin the [First Friday Devotion](#). (Receive Holy Communion and recite the [Act of Reparation to the Sacred Heart of Jesus](#) on the *First Friday* of the month for *nine consecutive months*.)
- † Pray the [Litany of the Sacred Heart](#).
- † Pray the [novena to the Sacred Heart](#) (begin on June 18 and end on June 26, the eve of the Solemnity of the Sacred Heart).

Here are some links to fun, family activities to bring the Sacred Heart devotion into your domestic church:

[Sacred Heart Perler Bead Craft](#)

[Sacred Heart Coloring Pages](#)

[Calendar of Daily Prayers and Activities for the Sacred Heart](#)

[Origami Sacred Heart](#)

[Sacred Heart Guided Drawing Video](#)

[Sacred Heart of Jesus Lesson Plan](#)

Sacred heart of Jesus, we entrust our family to you. Forgive our sins and fortify our weakness, that we may serve you faithfully as you deserve. These favors we ask for ourselves and for every family in our neighborhood and parish. Amen.