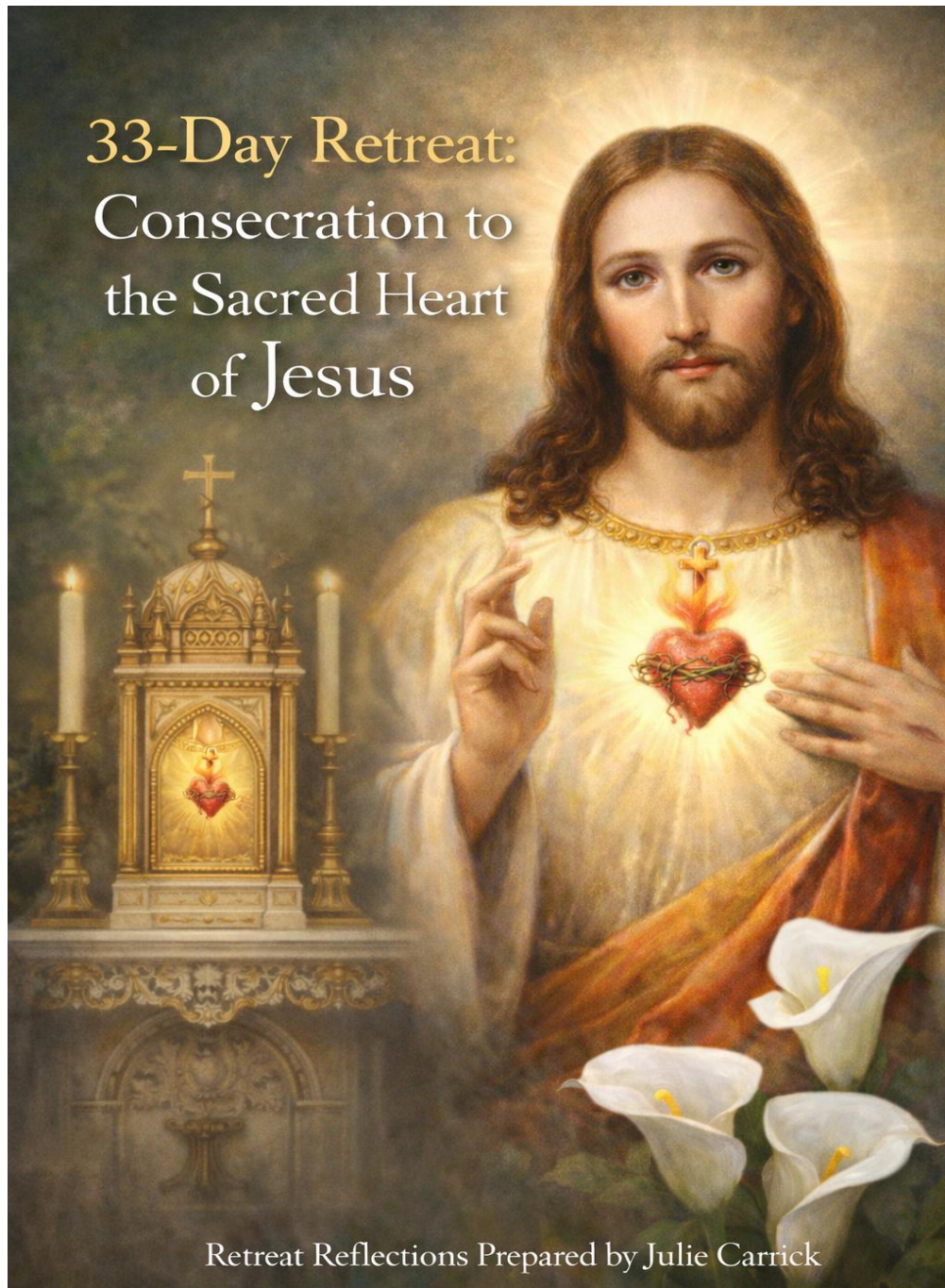


**33-Day Retreat:**  
Consecration to  
the Sacred Heart  
of Jesus



Retreat Reflections Prepared by Julie Carrick

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(Julie Carrick is available for your parish mission or other Catholic event.)

## The Litany of the Sacred Heart

Lord, have mercy on us. *Christ, have mercy on us.*  
Lord, have mercy on us. *Christ, hear us.*  
*Christ, graciously hear us.*

God the Father of Heaven,  
*Have mercy on us.*  
God the Son, Redeemer of the world,  
*Have mercy on us.*  
God the Holy Spirit,  
*Have mercy on us.*  
Holy Trinity, one God,  
*Have mercy on us.*  
Heart of Jesus, Son of the Eternal Father,  
*Have mercy on us.*  
Heart of Jesus, Formed by the Holy Spirit in the womb of  
the Virgin Mother,  
*Have mercy on us.*  
Heart of Jesus, Substantially united to the Word of God,  
*Have mercy on us.*  
Heart of Jesus, Of Infinite Majesty,  
*Have mercy on us.*  
Heart of Jesus, Holy Temple of God,  
*Have mercy on us.*  
Heart of Jesus, Tabernacle of the Most High,  
*Have mercy on us.*  
Heart of Jesus, House of God and Gate of Heaven,  
*Have mercy on us.*  
Heart of Jesus, Burning Furnace of charity,  
*Have mercy on us.*  
Heart of Jesus, Vessel of Justice and love,  
*Have mercy on us.*  
Heart of Jesus, Full of goodness and love,  
*Have mercy on us.*  
Heart of Jesus, Abyss of all virtues,  
*Have mercy on us.*  
Heart of Jesus, Most worthy of all praises,  
*Have mercy on us.*  
Heart of Jesus, King and center of all hearts,  
*Have mercy on us.*  
Heart of Jesus, In Whom are all the treasures of wisdom  
and knowledge,  
*Have mercy on us.*  
Heart of Jesus, In Whom dwells all the fullness of the  
Divinity,  
*Have mercy on us.*

Heart of Jesus, in Whom the Father is well pleased,  
*Have mercy on us.*  
Heart of Jesus, Of Whose fullness we have all received,  
*Have mercy on us.*  
Heart of Jesus, Desire of the everlasting hills,  
*Have mercy on us.*  
Heart of Jesus, Patient and abounding in mercy,  
*Have mercy on us.*  
Heart of Jesus, Rich unto all who call upon Thee,  
*Have mercy on us.*  
Heart of Jesus, Fountain of life and holiness,  
*Have mercy on us.*  
Heart of Jesus, Atonement for our sins,  
*Have mercy on us.*  
Heart of Jesus, Filled with reproaches,  
*Have mercy on us.*  
Heart of Jesus, Bruised for our offenses,  
*Have mercy on us.*  
Heart of Jesus, Made obedient unto death,  
*Have mercy on us.*  
Heart of Jesus, Pierced with a lance,  
*Have mercy on us.*  
Heart of Jesus, Source of all consolation,  
*Have mercy on us.*  
Heart of Jesus, Our Life and Resurrection,  
*Have mercy on us.*  
Heart of Jesus, Our Peace and Reconciliation,  
*Have mercy on us.*  
Heart of Jesus, Victim for our sins,  
*Have mercy on us.*  
Heart of Jesus, Salvation of those who hope in Thee,  
*Have mercy on us.*  
Heart of Jesus, Hope of those who die in Thee,  
*Have mercy on us.*  
Heart of Jesus, Delight of all the Saints,  
*Have mercy on us.*  
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 Thy most-beloved Son, and upon the praises and satisfaction He offers Thee in the name of sinners; and appeased by worthy homage, pardon those who implore Thy mercy, in Thy Great Goodness in the name of the same Jesus Christ Thy Son, Who lives and reigns with Thee, in the unity of the Holy Spirit, world without end. Amen.*

# Consecration To The Sacred Heart of Jesus

( 33 Day Retreat Compiled by Julie Carrick © January 2026 )

Consecrating yourself to the Sacred Heart of Jesus is a formal, total act of surrender and dedication, where a person entrusts their life, actions, and sufferings to Christ in exchange for His love and protection. It is a commitment to align one's heart with Jesus's, offering reparation for sins and living in union with Him.

**Total Self-Surrender:** It is a radical abandonment where the individual no longer lives for themselves, but for Christ.

**A Covenant of Love:** It is often described as an exchange based on the promise: "The more you occupy yourself with My interests, the more will I occupy Myself with yours".

**Reparation:** It acts as a pledge of fidelity and a means to offer reparation for offenses committed against the Sacred Heart of Jesus.

**Protection and Refuge:** The Sacred Heart is chosen as a refuge at the hour of death and a support for human weakness.

**Method:** While it can be done instantly, it is commonly preceded by 33 days of preparation, often culminating in Confession and Holy Communion. It is quite beautiful to do the preparation leading up to the Solemnity of the Most Sacred Heart of Jesus, which is celebrated 19 days after Pentecost each year. (always on a Friday)

## Preparing the Heart - A Journey to the Sacred Heart of Jesus

The devotion to the Sacred Heart of Jesus invites us into the deepest mystery of the Gospel: **the living Heart of Christ that burns with love for humanity.**

When Jesus revealed His Sacred Heart to *St. Margaret Mary Alacoque*, He revealed not only His love, but also His sorrow that so many souls remain unaware of that love. His Heart continues to seek a response, **a return of love for Love itself.** Consecration to the Sacred Heart is more than a prayer. It is **a covenant of love.**

To consecrate oneself means to freely place one's entire life into the hands of Christ, our joys and sufferings, our strengths and weaknesses, our past, present, and future. It is an act of trust that allows His merciful Heart to become:

- **The center of our love**
- **The refuge in our weakness**
- **The remedy for our sins**
- **The strength for our mission**



This devotion reminds us that Christianity is not merely a set of teachings. It is **a relationship with the living Christ**, whose Heart was pierced on the Cross so that divine mercy might flow into the world.

The Church has long encouraged preparing for such a consecration through **a period of prayer and reflection.** Inspired by the spiritual tradition made popular by *St. Louis de Montfort*, many consecrations unfold over **33 days.** The tradition breaks the 33 days into distinct periods for inner transformation: 12 days to empty oneself of the world's spirit, followed by three weeks focusing on knowledge of self and knowledge of Jesus.

During these 33 days we ask the Lord to transform our hearts through four movements of grace:

- **Emptying ourselves of the spirit of the world**
- **Growing in honest knowledge of ourselves**
- **Deepening our love in and for the Heart of Christ**
- **Entrusting our lives completely to His mercy**

This journey leads us to the moment of consecration using the prayer given through *St. Margaret Mary Alacoque*, where we freely declare: *"Sacred Heart of Jesus, I belong entirely to You."*

May these days of prayer open your heart to the immense love of Christ, and may His Sacred Heart become your **refuge, strength, and joy**. *Sacred Heart of Jesus, I place my trust in Thee.*

## **33 Days Preparing for Consecration to the Sacred Heart of Jesus**

### **Days 1-12 Emptying the Spirit of the World**

**Day 1 Ponder:** What attachments keep my heart from belonging fully to Christ?

*"Do not be conformed to this world, but be transformed by the renewal of your mind."* — Romans 12:2

**Day 2 Ponder:** Where do I seek the approval of others more than the will of God?

*"Am I now seeking the approval of man, or of God?"* — Galatians 1:10

**Day 3 Ponder:** What distractions keep me from hearing the voice of the Lord?

*"Be still, and know that I am God."* — Psalm 46:10

**Day 4 Ponder:** In what ways has the spirit of the world shaped my desires?

*"Where your treasure is, there your heart will be also."* — Matthew 6:21

**Day 5 Ponder:** Do comfort and convenience take priority over holiness?

*"What does it profit a man to gain the whole world and lose his soul?"* — Mark 8:36

**Day 6 Ponder:** What fears keep me from surrendering everything to Jesus?

*"Do not let your hearts be troubled. Trust in God; trust also in Me."* — John 14:1

**Day 7 Ponder:** Where do I rely on my own strength rather than God's grace?

*"Apart from Me you can do nothing."* — John 15:5

**Day 8 Ponder:** What habits dull my love for Christ?

*"Blessed are the pure in heart, for they shall see God."* — Matthew 5:8

**Day 9 Ponder:** What would true spiritual freedom look like in my life?

*"If the Son makes you free, you will be free indeed."* — John 8:36

**Day 10 Ponder:** Do I measure my life by worldly success or by faithfulness to God?

*"Seek first the Kingdom of God."* — Matthew 6:33

**Day 11 Ponder:** What part of my life have I not yet placed into His hands?

*“Cast all your anxieties on Him, because He cares for you.” — 1 Peter 5:7*

**Day 12 Ponder:** Am I ready to begin this journey with a truly open heart?

*“Speak Lord, for Your servant is listening.” — 1 Samuel 3:9*

### **Days 13 -19 Knowledge of Self**

**Day 13 Ponder:** Do I recognize how deeply I need the mercy of Christ?

*“Have mercy on me, O God, according to Your steadfast love.” — Psalm 51:1*

**Day 14 Ponder:** Where has pride distanced me from God?

*“God opposes the proud but gives grace to the humble.” — James 4:6*

**Day 15 Ponder:** What weaknesses reveal my need for grace?

*“My grace is sufficient for you.” — 2 Corinthians 12:9*

**Day 16 Ponder:** Do I trust that His mercy is greater than my sins?

*“Where sin increased, grace abounded all the more.” — Romans 5:20*

**Day 17 Ponder:** What wounds in my life need the healing love of His Heart?

*“Come to Me, all who labor and are heavy laden, and I will give you rest.” — Matthew 11:28*

**Day 18 Ponder:** Where in my life have I grown spiritually lukewarm?

*“Return to Me with all your heart.” — Joel 2:12*

**Day 19 Ponder:** What would true humility before God look like for me?

*“Whoever humbles himself will be exalted.” — Matthew 23:12*

### **Days 20-26 Knowledge of the Sacred Heart of Jesus**

**Day 20 Ponder:** Do I believe that the Sacred Heart burns with love for me personally?

*“Having loved His own who were in the world, He loved them to the end.” — John 13:1*

**Day 21 Ponder:** What does it mean to make His Heart the center of my life?

*“Take My yoke upon you... for I am gentle and humble of heart.” — Matthew 11:29*

**Day 22 Ponder:** How has Jesus shown His love for me throughout my life?

*“We love because He first loved us.” — 1 John 4:19*

**Day 23 Ponder:** How can I console the Heart of Jesus for the indifference of the world?

*“They will look upon Him whom they have pierced.” — John 19:37*

**Day 24 Ponder:** How can I love Jesus more deeply in the Eucharist?

*“Whoever eats My flesh and drinks My blood remains in Me and I in him.” — John 6:56*

**Day 25 Ponder:** What sacrifice can I offer today in love and reparation?

*“Greater love has no man than this, that he lay down his life for his friends.” — John 15:13*

**Day 26 Ponder:** How is Jesus inviting me to trust His Heart more completely?

*“Trust in the Lord with all your heart.” — Proverbs 3:5*

### **Days 27-33 Deeper Union with the Sacred Heart**

**Day 27 Ponder:** What would it mean to belong entirely to Jesus?

*“You are not your own; you were bought with a price.” — 1 Corinthians 6:19–20*

**Day 28 Ponder:** What part of my life still resists His love?

*“Abide in My love.” — John 15:9*

**Day 29 Ponder:** Can I entrust my future completely to His Heart?

*“Into Your hands I commend my spirit.” — Luke 23:46*

**Day 30 Ponder:** Who in my life needs to encounter the love of Christ through me?

*“Let your light shine before others.” — Matthew 5:16*

**Day 31 Ponder:** What can Mary teach me about loving the Heart of her Son?

*“His mother kept all these things, pondering them in her heart.” — Luke 2:19*

**Day 32 Ponder:** Have I prepared my soul through Confession and Holy Communion?

*“Create in me a clean heart, O God.” — Psalm 51:10*

**Day 33 Ponder:** Today I choose irrevocably: **Sacred Heart of Jesus, I am completely Yours.** “Sacred Heart of Jesus, I place my trust in Thee.”

*“Remain in My love.” — John 15:10*

### **Act of Consecration to the Sacred Heart**

O Sacred Heart of Jesus, to Thee I consecrate and offer up my person and my life, my actions, trials, and sufferings, that my entire being may henceforth only be employed in loving, honoring and glorifying Thee. This is my irrevocable will, to belong entirely to Thee, and to do all for Thy love, renouncing with my whole heart all that can displease Thee.

I take Thee, O Sacred Heart, for the sole object of my love, the protection of my life, the pledge of my salvation, the remedy of my frailty and inconstancy, the reparation for all the defects of my life, and my secure refuge at the hour of my death. Be Thou, O Most Merciful Heart, my justification before God Thy Father, and screen me from His anger, which I have so justly merited. I fear all from my own weakness and malice, but placing my entire confidence in Thee, O Heart of Love, I hope all from Thine infinite Goodness. Annihilate in me all that can displease or resist Thee. Imprint Thy pure love so deeply in my heart that I may never forget Thee or be separated from Thee.

I beseech Thee, through Thine infinite Goodness, grant that my name be engraved upon Thy Heart, for in this I place all my happiness and all my glory, to live and to die as one of Thy devoted servants.

Amen. -- St. Margaret Mary Alacoque

## The Twelve Promises of the Sacred Heart of Jesus

Through His revelations to St. Margaret Mary in the 17th century, Jesus expressed His deep desire that souls come to know and trust the love of His Sacred Heart. To encourage this devotion, He gave several promises to those who honor His Heart and seek to live in union with Him.

These promises are not magical guarantees, but **expressions of Christ's desire to pour grace into the lives of those who entrust themselves to His Heart.**

### The Twelve Promises given to St. Margaret Mary Alacoque

1. **I will give them all the graces necessary for their state of life.**
2. **I will establish peace in their homes.**
3. **I will comfort them in all their afflictions.**
4. **I will be their secure refuge during life, and above all in death.**
5. **I will bestow abundant blessings upon all their undertakings.**
6. **Sinners shall find in My Heart the source and infinite ocean of mercy.**
7. **Lukewarm souls shall become fervent.**
8. **Fervent souls shall quickly rise to great perfection.**
9. **I will bless every place in which an image of My Heart is exposed and honored.**
10. **I will give to priests the power to touch the most hardened hearts.**
11. **Those who propagate this devotion shall have their names written in My Heart.**
12. **In the excess of the mercy of My Heart, I promise that My all-powerful love will grant to those who receive Holy Communion on the First Fridays for nine consecutive months the grace of final perseverance; they shall not die in My displeasure nor without receiving the sacraments. My Heart shall be their secure refuge in that last hour.**

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### A Final Prayer

Sacred Heart of Jesus, make our hearts like unto Thine. May this consecration lead me to live each day in deeper trust, faithful love, and joyful service to You. Amen

**Sacred Heart of Jesus, I place my trust in Thee.**

## Living the Consecration - Remaining in the Sacred Heart of Jesus

Consecration to the Sacred Heart is not a single moment of devotion. It is the **beginning of a lifelong relationship with the Heart of Christ.**

When we consecrate ourselves to the Sacred Heart, we choose to allow His love to shape every part of our lives. Our thoughts, words, and actions become an offering united to His perfect love for the Father.

To live this consecration each day, the Church encourages us to remain close to the Heart of Jesus through simple and faithful practices:

### **Frequent reception of the Eucharist**

For it is in the Eucharist that the Heart of Jesus continues to give Himself completely to us.

### **Regular Confession**

So that our hearts may remain open to the grace and mercy that flow from His pierced side.

### **Prayer before the Blessed Sacrament**

Where we learn to rest quietly in the presence of the One who loves us.

### **Acts of reparation and love**

Offering our prayers, sacrifices, and daily duties in union with the Heart of Christ for the salvation of souls.

Through these simple acts of love, the consecration we have made begins to shape our daily lives. Slowly, gently, our hearts become more like His, patient, merciful, and filled with charity.

The Sacred Heart that was pierced on the Cross remains open to us always. In moments of joy and sorrow, strength and weakness, we can return again and again to this refuge of divine love.

## *‘Hearts Entwined’*

Painting by Cyndy Carstens © 2014



Julie Carrick commissioned Cyndy Carstens for a painting to share her faith and talent. She asked for an image that combined the Sacred Heart of Jesus with the Immaculate Heart of his Mother Mary. Cyndy poured her heart into the canvas. When she brought the painting to Julie she said, “I hope it is okay that I left the sword out.

I couldn’t bring myself to put it Mama Mary’s heart.” ([www.cyndycarstens.com](http://www.cyndycarstens.com))