



07 JUNE 2024

“Take My yoke upon you and learn of Me, for I am meek and lowly in heart, and ye shall find rest unto your souls” Mt 11:29

(The Holy Hour of the month of June is dedicated to the Sacred Heart of Jesus in view of the Feast)

Hymn: 123. Father we love you, we worship and adore you. *(Joyful Celebration hymnal)*

(Pause..... for Silent Personal Adoration)

Introduction:

Catholics worldwide dedicates the entire month of June to the “*Sacred Heart of Jesus*” in gratitude for Jesus’ merciful heart and His redeeming love for humankind. The devotion to the Sacred Heart of Jesus is a powerful way of drawing closer to our Lord by uniting our hearts to His Sacred Heart in a spirit of love, trust, adoration, and most importantly, reparation for the many sins and insults we have caused Him. The Sacred Heart of Jesus represents the centre, the source from which salvation for humanity gushed forth. In the ancient world, the heart was considered the centre of the body. It was the seat of life, wisdom, conscience, thought, emotion and love. Jesus revealed to St. Margaret Mary of the coldness and ingratitude he received just from Christians alone, much less from the rest of humanity, considering all He did in opening up the gates of heaven for us in His Passion so that we might have Eternal Life! During this Holy Hour, we adore and thank our Eucharistic Lord on behalf of all those in the world who despises God’s merciful love and as reparation for our own coldness and lack of correspondence to his love.

(Pause..... for Moments of Silent Personal Prayer)

Prayer to the Sacred heart of Jesus (By Bl. James Alberione)

O Jesus divine master, I thank and bless your loving heart which led you to give your life for me. Your blood, your wounds, the scourges, the thorns, the cross, your head bowed in death, all speaks to my heart. No one loves more than the one who gives his life for the loved one, the shepherd dies in giving his life for his sheep. I too want to spend my life for you.

Grant that you may always dispose of me for your greater glory and may I always repeat ‘your will be done’ In flame my heart with your holy love for souls, so that they may love them and be prepared to make the utmost sacrifice for them.

(Pause..... for Moments of Silent Personal Prayer)

Hymn: No.304. O Spirit, Source of Wisdom *(Joyful Celebration)* or any other.

Scripture Reading: Mt 11: 25 -30

(Pause..... moments of personal reflection after the Scripture Reading)



Reflection:

These words, spoken by the Good Shepherd of our hearts, invite us into a sacred communion of rest and renewal. The Sacred Heart of Jesus is the font of love and the wellspring of Mercy. In Christ we realize that God our Heavenly Father loves and cares not with an overall affection but an intense solicitude for each of us. God deeply desires a relationship and an intimacy with Him. The incarnation of Jesus is the seal of God's desire to be close to humanity; the ultimate sign that God's love reaches out to us, inviting and drawing us back home to His unconditional love. A soul at rest with God can share with everyone, the peace of God. The rest Jesus offers is spiritual rest—an inner peace and contentment that transcends external circumstances. It's a rest that speaks to the weariness of the soul, offering solace in the midst of life's storms and struggles. This rest isn't dependent upon perfect circumstances or the absence of trials; rather, it's found in surrendering to Jesus and finding comfort in His presence. It's the assurance that we are deeply loved and cared for by a God who is infinitely greater than our problems. It's the confidence that we don't have to carry the weight of the world on our shoulders because God is in control and He is working all things together for our good (Romans 8:28). The rest that Jesus offers is restorative. It rejuvenates and revitalizes our spirits, providing the strength and resilience we need to face life's challenges with grace and courage. It's the kind of rest that empowers us to love others sacrificially, to forgive freely, and to live with purpose and passion. The Lord does not exclude anyone from His invitation, provided we heed and come home to shelter in His Sacred Heart.

(Pause..... for Silent Self- examination of conscience in the light of the Gospel)

Hymn: Sweet Heart of Jesus Fount of love and mercy **or 414.** To the Heart of Jesus' heart all burning with fervent love for all. *(Joyful Celebration)*

General Intercessions:

Response: Lord, hear our prayer.

We pray for the intention of Pope Francis for June: *“For the Migrants Fleeing Their Homes that they find welcome and new opportunities in the countries that receives them”*. We pray to the Lord: **R/**

For the Church: that her guidance will strengthen and renew all on the path of deeper discipleship after the Sacred Heart of Jesus. We pray to the Lord: **R/**

For government and world leaders: that they make their decisions in light of the truth and justice that embody God's Kingdom. We pray to the Lord: **R/**

For peace and harmony in our country and the entire world; especially in the war and conflict zones. We pray to the Lord: **R/**

For the youth who are drifting away from the faith due to peer pressure or the influence of the modern life; and the elderly who feel abandoned by the family and friends that they may find solace in the Lord. We pray to the Lord: **R/**



For those burdened by any kind of life's misfortunes or life-threatening diseases, that they find rest and comfort in the compassionate heart of Christ and in His mystical body the Church. We pray to the Lord: **R/**

Hymn: 133. Give thanks with a grateful heart. (*Joyful Celebration hymnal*)

Leader: Let us renew our consecration to the Sacred Heart of Jesus.

An Act of Consecration to the Sacred Heart of Jesus

Most sweet Jesus, humbly kneeling at Thy feet,
We renew the consecration of our family to Thy Divine Heart.
Be Thou our King forever!
In Thee we have full and entire confidence.
May Thy Spirit penetrate our thoughts,
Our desires, our words and our deeds.
Bless our undertakings, share in our joys,
in our trials, and in our labours.
Grant us to know Thee better, to love Thee more,
to serve Thee without faltering.

Hymn: Let us bow in adoration

The Divine Praises: (*For Benediction*)

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in His angels and in His Saints.

Hymn: If needed

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