



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

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have mercy on us
have mercy on us

[illegible]

have mercy on us
have mercy on us
have mercy on us

Touch and make
our hearts them
like your own.

Grant, we pray, almighty God, that we,
who glory in the Heart of your beloved Son
and recall the wonders of his love for us,
may be made worthy to receive
an overflowing measure of grace from that fount of heavenly gifts.
Through Christ our Lord. Amen.

(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:

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: *"That the world might grow in compassion. Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world"* We pray to the Lord,

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,

For world leaders: that they make their decisions in the light of the truth and justice bringing peace and harmony in the entire world, especially in the war and conflict zones. We pray to the Lord,



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,

For those burdened by any kind of life's misfortunes, natural calamity 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,

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.

Closing Hymn: If needed...

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