



## **Act of Adoration to the Sacred Heart of Jesus**

1. The Word was made Flesh,  
and dwelt amongst us.

Eternal Word, made man for love of us, humbly prostrate at  
Thy feet, we adore Thee with our whole mind,  
and with the most profound veneration. To make amends for  
our ingratitude for so great a benefit, we unite in  
sincerity  
of heart with all those who love Thee, and offer Thee, our  
most humble and affectionate thanksgivings.

Deeply conscious of that excess of humility, goodness, and  
sweetness, which we acknowledge in the Divine Heart,  
we petition Thee for Thy grace to imitate these virtues,  
so pleasing to Thee.

Our Father...

Hail Mary...

Glory be to the Father...

2. He was crucified also for us,  
suffered under Pontius Pilate  
and was buried.

Jesus, our admirable Redeemer, humbly prostrate at Thy  
feet, we adore Thee with our whole mind,  
and with the most profound veneration. To testify the  
grief which we feel for our past insensibility to all  
the outrages  
and sufferings which Thy most loving Heart made Thee  
endure for our salvation, on Thy bitter Passion and  
death,  
we unite in sincerity of heart with all those who love  
Thee, in order that we may thank Thee with our whole  
soul.

We admire the infinite patience and generosity of Thy  
Divine Heart, and petition Thee to replenish our  
hearts with that  
spirit of christian mortification which will make us  
embrace sufferings courageously and fix our great

consolation

and all our glory in Thy cross.

Our Father...

Hail Mary...

Glory be to the Father...

3. Thou hast given them bread from heaven,  
which abounds with all delights.

O Jesus, burning with love for us, humbly prostrate at Thy feet, we adore Thee with our whole mind, and with the most profound veneration. In order to make atonement for the outrages which Thy Divine Heart daily receives in the Most Blessed Sacrament of the Altar, we unite in sincerity of heart with all those who love Thee, and render Thee the most affectionate thanksgiving. We love, in Thy Divine Heart, that intensely burning love which Thou entertainest for Thine Eternal Father, and humbly beseech Thee to inflame our hearts with an ardent love of Thee and of our neighbour.

Our Father...

Hail Mary...

Glory be to the Father...

Finally, O most amiable Jesus, we beseech Thee, by the sweetness of Thy Most Sacred Heart, to convert the sinners,

to comfort the afflicted, to assist the agonizing, and to afford relief to the holy souls suffering in purgatory.

Unite our hearts in the bonds of true peace and charity, deliver us from an unforeseen death,

and grant that we may die in holiness and tranquility of mind.

Amen.

V. Heart of Jesus, burning with love of us,

R. In flame our hearts with love of Thee.

Let Us Pray. - Grant, we beseech Thee, Almighty God, that we who glory in the Most Sacred Heart of Thy beloved Son,

and bear in mind the exceedingly great benefits of His charity towards us, may delight in the good conferred

on us,

and enjoy its effects, through the same Christ our Lord.

Amen.

O Divine Heart of Jesus, I adore Thee with all the powers of my soul; I consecrate them to Thee for ever, with all my thoughts, words, and actions, and my whole self. I desire to adore Thee, to love Thee, and to glorify Thee, in the same manner, as far as possible, as Thou doest adore love and glorify Thy Eternal Father. Be Thou, I beseech Thee, the Restorer of my weakness, and the Protector of my life, my refuge, and my asylum at the hour of my death. I conjure Thee, by the sighs and anguish in which Thou wert immersed for me during the whole course of Thy mortal life, to grant me a true contrition for my sins, a contempt of earthly things, an ardent desire of eternal glory, confidence in Thine infinite merits, and final perseverance in Thy grace.

O Heart of Jesus, all love, I offer Thee these humble prayers for myself, and for all those who unite in spirit with me in adoring

Thee. Vouchsafe, through Thine infinite goodness,  
to receive and hear them; above all, for him who among us  
shall first depart from this mortal life.

O amiable Heart of my Saviour, pour down upon him, in the  
agony of death, Thine interior consolations;  
receive him into Thy sacred Wounds; purify him from every  
defilement in this furnace of love,  
that Thou mayest grant him admittance into Thy glory,  
where he may become intercessor, before Thy presence,  
for all those who remain in this exile.

O Most Holy Heart of my dearly beloved Jesus, I desire to  
renew and to offer Thee these acts of adoration,  
and these prayers, every moment I breathe, to the end of  
my life, for myself, a miserable sinner, and for all  
who are associated with me to adore Thee. I recommend  
to Thee, O my Jesus, the holy Catholic Church, Thy  
beloved spouse and our true mother; also, the souls  
who are undergoing Thy justice and all poor sinners,  
the afflicted, the agonising, and all mankind. Do not  
permit Thy Blood, poured out for them, to become  
useless to them. Vouchsafe, finally, to apply it for  
the relief of the souls in purgatory, and for those in

particular who, during life, were wont devoutly to adore Thee.

O most amiable Heart of Mary, the most pure of all hearts of creatures, and the most replete with the love of the Heart of Jesus, at the same time most merciful towards us, poor sinners, obtain for us, from the Heart of our Redeemer, the graces we ask of thee. Mother of mercy, one look from thee, one movement of Thy Heart, burning with love for that of Jesus, thy divine Son, can fully console us. Grant us, therefore, this favour; and then this divine Heart of Jesus, through the filial love which it bore, and always will bear towards thee, shall not fail to hear and answer our request.