



Nine Elevations to the Sacred Heart

1. Heart of Jesus, perfect Adorer of God, teach me to adore the Father with Thee and by Thee.
2. Heart of Jesus, burning with love of me, inflame me with Thy Divine Love.
3. Heart of Jesus, only Victim worthy of God, unite me to Thy Divine Sacrifice.
4. Heart of Jesus, overwhelmed with bitterness for the sins of men, break my heart with sorrow for my sins.
5. Heart of Jesus, sovereignly humble, annihilate my pride.
6. Heart of Jesus, perfect model of meekness, inspire my heart with this salutary virtue.
7. Heart of Jesus, infinitely pure and without stain, give me an inviolable purity of body, mind, and heart.
8. Heart of Jesus, consumed with zeal for the glory of the Father, enkindle in my heart an ardent zeal for Thy glory and my own sanctification.
9. Heart of Jesus, reign for ever in my heart, and grant me the grace to reign one day with Thee in Heaven.