

Prayer to the Sacred Heart

Prayer of St. Thomas Aquinas before a Crucifix
(adapted to the Sacred Heart of Jesus)

Grant me, O merciful Sacred Heart of Jesus, that what is pleasing to Thee I may ardently desire, prudently examine, truthfully acknowledge, and perfectly accomplish for the praise and glory of Thy name. Ordain, O Sacred Heart, my whole life, and what Thou requirest that I should do, grant me to know it and to fulfill as is meet and profitable to my soul. Give me Thy grace, O Sacred Heart, that I may not fail in prosperity or in adversity, avoiding pride in the former and discouragement in the latter. May I rejoice in nothing but what leads to Thee, grieve for nothing but what turns away from Thee. May I wish to please or displease none but Thee.

May I despise, O Sacred Heart, all transitory things, and prize only that which is eternal. May I shun any joy that is without Thee, nor wish for anything outside of Thee. May I delight in any work taken up for Thee, and tire of any rest which is without Thee. Grant me, O Sacred Heart to direct my heart toward Thee, and in my failings constantly grieve, with the purpose of an amendment.

Make me, O Sacred Heart, obedient without contradiction, poor without depression, chaste without corruption patient without murmuring, humble without pretense, cheerful without dissipation, mature without dullness, prompt without levity, fearing Thee without despair, truthful without duplicity, doing good without presumption, correcting my neighbor without haughtiness, and edifying him by word and example without hypocrisy.

Give me, O Sacred Heart, a watchful heart, which no curious thought will turn away from Thee; a noble heart, which no unworthy affection will drag down; a righteous heart, which no irregular intention will twist aside; a firm heart, which no tribulation will break; a free heart, which no violent affection will claim for itself.

Grant me finally, O Sacred Heart of Jesus, science in knowing Thee, diligence in seeking Thee, wisdom in finding Thee, a conduct pleasing to Thee, a perseverance trustfully awaiting Thee, and a confidence finally embracing Thee. May I endure Thy punishments by penitence; profit by Thy benefits by grace in this world, and enjoy Thy blessedness by glory in the next.

O Jesus, Meek and Humble of Heart, Make my heart like unto Thine, Thou who livest and reignest, true God, forever and ever.

Amen.

