

Novena to the Sacred Heart

How to pray this Novena

Set aside about ten minutes each day. Take your time over the words you read. Linger over a word or a phrase. Think about its meaning. Share your feelings with Jesus. And wait quietly to see what comes into your mind and heart. Blessed John Sullivan tells us that God is delighted to see us, even if we don't know what to say. God has our best interests at heart.

At the beginning of each day:

Prayer Moment: Let the Spirit of God lead you to a place of interior stillness and then allow yourself to become aware of God's gaze on you, full of love and hope for you. That gaze is sustaining and life-giving. Ask, in your heart, for a deepening, interior awareness of how you depend on God for your existence.

Novena prayer

Lord Jesus, you have said, 'Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you'. I come to you in faith and trust, in love and hope. Let me know your closeness to me and your care of me and for all who are dear to me.

My intention for this Novena is dear to me and I know that what is important to me is important to you. Hear my prayer (mention your intention); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour.

And so, Most Sacred Heart of Jesus, I place all my trust in you.