

Heart of Jesus, *worthy of all praise*

June 5



Pray

Saint John Henry Newman took the episcopal motto *Cor ad cor loquitur* (“Heart speaks unto heart”), understanding that the Lord saves us by speaking to our hearts from his Sacred Heart. It was in the Holy Eucharist, the greatest form of praise to God, that Saint John Henry Newman cultivated his deepest encounter with the living heart of Jesus. Let us pray with Saint John Henry Newman so that we might hear the Sacred Heart speak to us when we praise and adore Jesus in the Eucharist.



John Henry Newman by Sir John Everett Millais

O most Sacred, most loving Heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still... I worship Thee then with all my best love and awe, with my fervent affection, with my most subdued, most resolved will. O my God, when Thou dost condescend to suffer me to receive Thee, to eat and drink Thee, and Thou for a while takest up Thy abode within me, O make my heart beat with Thy Heart (*Meditations and Devotions*, London, 1912, Part III [XVI], par. 3, pp. 573-574).

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Learn

Pope Francis reflects in *Dilexit Nos* that it is in the Eucharist that the ever-present love of the Sacred Heart invites us into union with Christ. At the same time, the Holy Father warns that in the frenetic pace of today's world, "we forget to nourish our lives with the strength of the Eucharist;" therefore, he recommends that we spend an hour in adoration before the Blessed Sacrament every Thursday. Pope Francis goes on to say, "When we carry [adoration] out with devotion, in union with many of our brothers and sisters and discover in the Eucharist the immense love of the heart of Christ, we 'adore, together with the Church, the sign and manifestation of the divine love that went so far as to love, through the heart of the incarnate Word, the human race'" (no. 85).

In Saint Margaret Mary Alacoque's visions of the Sacred Heart of Jesus, we see the light and fire of the Lord of life who transforms our human hearts. One such vision occurred in meditation before the Blessed Sacrament, when Saint Margaret sees Christ's paschal mystery in all its splendor: "Once, when the Blessed Sacrament was exposed, Jesus appeared, resplendent in glory, with his five wounds that appeared as so many suns blazing forth from his sacred humanity, but above all from his adorable breast, which seemed a fiery furnace. Opening his robe, he revealed his most loving and lovable heart, which was the living source of those flames" (Autobiography, no. 55).

Act

Let us seek to deepen our relationship with the Sacred Heart of Jesus in the Eucharist. You can take up Pope Francis' challenge to hold weekly adoration on Thursday using this resource, [250 Hours of Adoration](#), which encourages parishes to record 250 hours of adoration this year. The Knights of Columbus offer a template for holding a [Sacred Heart Holy Hour](#). You can also commit to attending Mass at a local shrine or parish devoted to the Sacred Heart.

Novena to the Sacred Heart of Jesus