

# Heart of Jesus, *atonement for our sins*

June 8



## Pray

As we consider the Sacred Heart of Jesus and Christ's great love for humanity, we reflect on how we have fallen short of his love and the need to atone for our sins. We also take this moment to repent as a nation for the sins of our country's past. Let us pray for forgiveness and healing from the harms caused by our nation's original sins of slavery and racism. A central element of devotion to the Sacred Heart is reparation – the practice of making amends for the wrongs we have done, asking Christ to forgive our sins and convert our hearts to love as he loves. Let us pray with St. Alphonsus Liguori, founder of the Redemptorists, as we atone for our sins and consecrate ourselves to the heart of Jesus:



Saint Alphonsus Liguori

**My Jesus, I love You with my whole heart. I am sorry for having so many times offended Your infinite goodness. With the help of Your grace, I purpose never to offend You again. And now, unworthy though I am, I consecrate myself to You without reserve. I renounce and give entirely to You my will, my affection, my desires, and all that I possess.**

**Novena to the Sacred Heart of Jesus**

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## Learn

In Pope Pius XI's encyclical, [\*Miserentissimus Redemptor\*](#) (on reparation to the Sacred Heart), the Holy Father connects our love for Christ with the realization that the wounds we inflict on others are the same wounds inflicted on Our Lord on the cross. He states, "Anyone possessed of great love for God, and who looks back to the past, can dwell in meditation on Christ, and see him laboring for man, sorrowing, suffering the greatest hardships, 'for us men and for our salvation'... The more the faithful ponder all these things the more clearly they see that the sins of mankind, whenever they were committed, were the reason why Christ was delivered up to death" (no. 13).

The image of the pierced heart of Christ has its meaning in our sinfulness, and when we devote ourselves to the Sacred Heart, we are compelled to repair the damage we have done. In a [reflection](#) about seeking authentic reparation, Bishop Joseph Perry explores how the Sacred Heart can lead us to reconcile our human hearts to one another. He says, "In the Catholic tradition, reparation is not a transaction, but a sacred offering—one that involves not only words, but gestures. Just as the Sacrament of Penance invites physical expressions of contrition—making the sign of the cross, performing a penance, offering restitution—so too do acts of reparation in communal life require gestures of sincerity, and concrete actions."

## Act

There are many ways we can offer reparation to the Sacred Heart. When we go before Jesus in the Eucharist, Pope Pius XI recommends making a Communion of Reparation or a Holy Hour for the atoning of sins (*Miserentissimus Redemptor*, no. 12). We also see a lack of fraternal love today, especially in our politics and conversations with one another. Read Pope Francis' encyclical on fraternity and social friendship, [\*Fratelli Tutti\*](#), and reflect on how to build a culture of encounter together.

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