

Heart of Jesus, *source of all consolation*

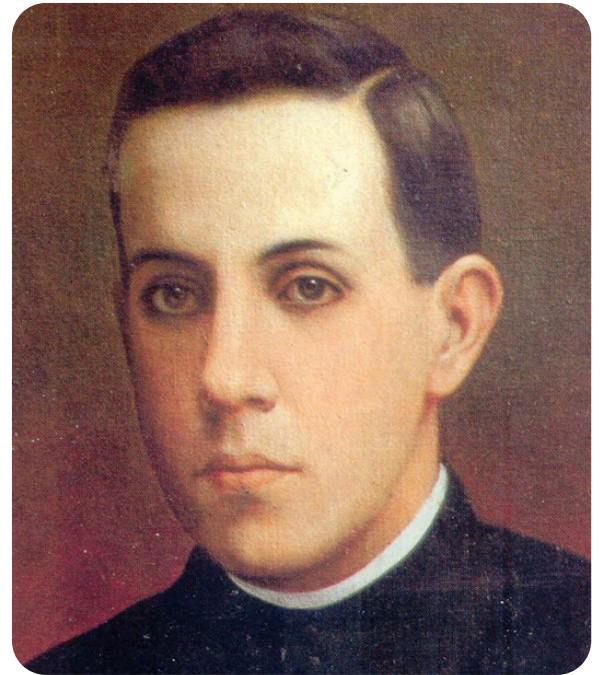
June 9



Pray

In *Dilexit Nos*, Pope Francis describes the consoling nature of devotion to the Sacred Heart as “flesh and blood in the Church’s pilgrimage through history;” a mutual sharing of suffering between Christ and us (no. 157). Because Christ bore our sin in the wounds of his passion and death on the cross, we console him for our affronts. Because we also raise up our suffering to Christ, we ask him to console us.

Let us ask the Sacred Heart of Jesus for strength and increased faith with this prayer by Blessed Miguel Pro, S.J.



Blessed Miguel Pro, S.J.

I believe, O Lord, but strengthen my faith...

Heart of Jesus, I love Thee; but increase my love.

Heart of Jesus, I trust in Thee; but give greater vigor to my confidence.

Heart of Jesus, I give my heart to Thee; but so enclose it in Thee that it may never be separated from Thee.

Heart of Jesus, I am all Thine; but take care of my promise so that I may be able to put it in practice even unto the complete sacrifice of my life. Amen.

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Learn

The heart of Christ has always been a source of consolation for the Church. We hear Jesus' great love for us in Scripture, as when he reassures us of the Father's care in the Sermon on the Mount. We are consoled with God's intimate love when we are told how we are "fearfully and wonderfully made" (Psalm 139:14) and "even the hairs of your head are all counted" (Matthew 10:30).

Saint Francis de Sales teaches that all our names are written on the heart of God: "Surely it is a source of profound consolation to know that we are loved so deeply by our Lord, who constantly carries us in his heart" (*Sermon for the Second Sunday of Lent*, February 20, 1622).

Pope Francis tells us that when we contemplate the heart of Christ and his self-surrender even to death, we are consoled in Christ's love for us: "The grief that we feel in our hearts gives way to complete trust and, in the end, what endures is gratitude, tenderness, peace; what endures is Christ's love reigning in our lives" (*Dilexit Nos*, no. 161).

Act

Just as we find consolation in the Sacred Heart of Jesus, so too should we pray for others so that they might also encounter the consoling love of Christ. Every day, Padre Pio would pray the [Efficacious Novena to the Sacred Heart of Jesus](#) for the intentions of all who asked him to pray for them, ending each intention with "Sacred Heart of Jesus, I place all my trust in you." Consider entrusting your intentions to the Sacred Heart as Padre Pio did.

Novena to the Sacred Heart of Jesus