

Novena to the Sacred Heart of Jesus

"I will give you a new heart"



I. Introduction to the novena

How to Pray This Novena

For this Novena to the Sacred Heart, we offer you meditations based on the words of Saint John Paul II. You will find excerpts from the homily he gave on October 5, 1986, in Paray-le-Monial, during his apostolic pilgrimage to the City of the Heart of Jesus, on the occasion of the Mass celebrated at Moulin Liron Park. Other meditations are taken from John Paul II's Angelus addresses from the 1980s, based on various invocations from the Litany of the Sacred Heart.

Read the meditation of the day.

Recite the prayer of consecration to the Sacred Heart:

“Lord Jesus, you who came to set the earth on fire, today I surrender myself to the will of the Father and to the breath of the Spirit. Purify my heart, set it ablaze with love and charity, increase in me the desire for holiness. Through the Immaculate Heart of Mary, I consecrate myself entirely to your Heart in order to love you and serve you.” We encourage you to meditate daily on the Litany of the Sacred Heart.

Day 1

"I will give you a new heart"

Meditation

The entire history of Christian spirituality bears witness to it: The life of a person who believes in God, stretched toward the future by hope, called to the communion of love—this life is the life of the heart, the life of the “**inner man**.” It is illuminated by the wondrous truth of the **Heart of Jesus**, who offers Himself for the world.

“I will sprinkle clean water upon you, and you shall be cleansed.”
(Ezekiel 36)

Yes, **God purifies the human heart**. The heart, created to be the home of love, has become the central place of humanity’s rejection of God—of sin, as the human person turns away from God and clings to all sorts of “idols.” This is when the heart becomes “**impure**.”

But when this same inner space within us **opens to God**, it regains the “purity” of the image and likeness imprinted in it by the Creator from the beginning.

The heart is also the central place of **conversion**, which God desires from humanity and for humanity—in order to draw us into **His intimacy, into His love**.

Day 2

Who can separate us from the love of Christ?

Meditation

Saint Margaret Mary knew this admirable mystery—the overwhelming mystery of Divine Love. She was wholly seized by this divine mystery, as expressed in the beautiful prayer of the psalm: “*Bless the Lord, O my soul, bless His holy name, all my being!*” “All my being”—that means “all my heart”! Bless the Lord! ... He forgives. He “heals.” Full of love: of merciful love. Him. Truly Him, Christ.

Here, in this place of Paray-le-Monial, like the Apostle Paul once did, the humble servant of God seemed to cry out to the whole world: “*Who can separate us from the love of Christ?*”

In our own time, the same question resounds, addressed to each of us. With Paul of Tarsus, with Margaret Mary, we proclaim the same certainty: “*Nothing can ever separate us from the love of God that is in Christ Jesus.*” I am certain of it... nothing will ever be able to...! We are certain of His Love!

Continue with the prayer of consecration to the Sacred Heart

Day 3

Heart of Jesus, King of all hearts.

Meditation

Jesus Christ is King of hearts. We know that during His messianic ministry, the people, seeing the signs He performed, wanted to “proclaim Him king.” We also know that when asked, “Are you a king?” before Pilate’s tribunal, Jesus of Nazareth replied: “My kingdom is not of this world. For this I was born and for this I came into the world: to bear witness to the truth. Everyone who belongs to the truth listens to my voice.”

Jesus never wanted to be a temporal ruler. He desired only that kingdom which is not of this world and which, at the same time, takes root in this world through truth in human hearts—in the inner person. For this kingdom, the kingdom of God’s adopted sons and daughters, He gave His life on the Cross. And He confirmed this kingdom through His Resurrection, giving the Holy Spirit to the apostles and to humanity in the Church. In this way, Jesus Christ is the King and the center of all hearts.

Continue with the prayer of consecration to the Sacred Heart

Day 4

Heart of Jesus, King of all hearts.

Meditation

The furnace burns. The Heart of Jesus—the human Heart of Jesus—burns with the love that overflows from it. And this love is both love for the Eternal Father and love for humanity—for His adopted sons and daughters. The Heart of Jesus is an unquenchable furnace.

In this, it resembles the “burning bush” from the Book of Exodus, in which God revealed Himself to Moses. The bush was on fire... yet “was not consumed.” The love that burns in the Heart of Jesus is above all the Holy Spirit, in whom the Son of God is eternally united with the Father.

The Heart of Jesus—the human Heart of the God-man—is embraced by the living flame of Trinitarian Love, which never goes out. May the Heart of Jesus, burning furnace of charity, never cease to shine on the horizon of each of our lives.

May Jesus reveal to us the Love that never dies, never fades—the Love that is eternal—so that it may illuminate the darkness of our earthly night and warm our hearts.

Continue with the prayer of consecration to the Sacred Heart

Day 5

Heart of Jesus, patient and rich in infinite mercy

Meditation

Is this not the Heart of Him who “went about doing good and healing all who were under the power of the devil”?

Is this not the Heart of Jesus, who Himself “had nowhere to lay His head, while foxes have dens and birds of the air have nests”?

Is this not the Heart of Jesus, who defended the adulterous woman from being stoned, and then said to her, “Go, and sin no more”?

Is this not the Heart of Him who was called “a friend of tax collectors and sinners”?

The Heart that is patient—because it is open to all the sufferings of humanity.

The Heart that is patient—because it is itself willing to accept suffering beyond all human measure.

For what is mercy, if not this ultimate measure of love that descends into the very heart of evil in order to conquer it with good?

Continue with the prayer of consecration to the Sacred Heart

Day 6

Heart of Jesus, pierced by the lance.

Meditation

In the pierced Heart, we contemplate the filial obedience of Jesus to His Father—carrying out His mission to its fulfillment—and His fraternal love for humanity, whom He “loved to the end,” that is, to the ultimate sacrifice of Himself.

The pierced Heart of Jesus is the sign of this love in both a vertical and horizontal direction, like the two arms of the Cross.

The pierced Heart is also the symbol of the new life given to humanity through the Spirit and the sacraments. As soon as the soldier struck with the lance, “blood and water flowed out” from Jesus’ wound.

Just as water sprang from the rock struck by Moses in the desert, so from the side of Christ, pierced by the lance, flowed a torrent of water to quench the thirst of the new people of God.

This torrent is the gift of the Spirit, which nourishes divine life within us.

Continue with the prayer of consecration to the Sacred Heart

Day 7

From the Pierced Heart of Jesus, the Church is Born.

Meditation

At last, from the pierced Heart of Jesus, the Church is born. Just as from the side of the sleeping Adam, Eve his spouse was created, so—from the open side of the Savior, asleep on the Cross in the sleep of death—the Church, His bride, was formed. According to a patristic tradition dating back to the earliest centuries, she comes forth precisely from the water and the blood—Baptism and the Eucharist—that flow from the pierced Heart.

The Evangelist notes that standing beside the Cross was the Mother of Jesus.

She saw the open Heart from which blood and water poured—blood drawn from her own flesh—and she understood that her Son's blood was poured out for our salvation.

It was then that she fully grasped the meaning of the words her Son had spoken to her shortly before: "Woman, behold your son."

The Church, born from the pierced Heart, was entrusted to her motherly heart.

Continue with the prayer of consecration to the Sacred Heart

Day 8

Heart of Jesus, joy of all the saints.

Meditation

The Litany concludes by addressing the Heart of Jesus as the “joy of all the saints.” This is already a glimpse of paradise—a brief phrase that opens up infinite horizons of eternal beatitude.

On this earth, the disciple of Jesus lives in the hope of being united with the Master, in the desire to behold His face, in the deep longing to live forever with Him. But in heaven, once the waiting is over, the disciple has already entered into the joy of his Lord: he contemplates the face of the Master—not transfigured for just a moment, but radiating eternally with the brilliance of eternal Light. He lives with Jesus and shares in the very life of Jesus.

The life of Heaven is nothing other than the perfect, unending, and intense enjoyment of the love of God—Father, Son, and Holy Spirit. It is the full revelation of the inner being of Christ, and total communion with the life and love that flow from His Heart.

Continue with the prayer of consecration to the Sacred Heart

Day 9

Heart of Jesus, source of the life of the saints.

Meditation

In Heaven, the blessed see all their desires fulfilled, every prophecy brought to completion, every longing for happiness satisfied, every yearning realized.

The Heart of Christ is the source of the saints' life of love: in Christ and through Christ, the blessed in Heaven are loved by the Father, who unites them to Himself through the bond of the Holy Spirit—divine Love. In Christ and through Christ, they love the Father and their brothers and sisters with the love of the Spirit.

The Heart of Christ is the vital space of the blessed: the place where they dwell in love, from which they draw eternal and limitless joy. The infinite thirst for love—a mysterious thirst that God has placed in the human heart—is quenched in the divine Heart of Christ.

The deep desire once expressed on earth by the sigh, "Come, Lord Jesus" (Revelation 22), is now transformed in Heaven into face-to-face communion, into peaceful possession, into a fusion of life: Christ in the blessed, and the blessed in Christ!

Continue with the prayer of consecration to the Sacred Heart

Litany of the Sacred Heart

Lord, have mercy - ***Lord, have mercy***

Christ, have mercy - ***Christ, have mercy***

Lord, have mercy - ***Lord, have mercy***

God our Father in heaven - ***have mercy on us***

God the Son, Redeemer of the world - ***have mercy on us***

God the Holy Spirit - ***have mercy on us***

Holy Trinity, one God - ***have mercy on us***

Heart of Jesus, Son of the eternal Father - ***have mercy on us***

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother -
have mercy on us

Heart of Jesus, one with the eternal Word - ***have mercy on us***

Heart of Jesus, infinite in majesty - ***have mercy on us***

Heart of Jesus, holy temple of God - ***have mercy on us***

Heart of Jesus, tabernacle of the Most High - ***have mercy on us***

Heart of Jesus, house of God and gate of heaven - ***have mercy on us***

Heart of Jesus, aflame with love for us - ***have mercy on us***

Heart of Jesus, source of justice and love - ***have mercy on us***

Heart of Jesus, full of goodness and love - ***have mercy on us***

Heart of Jesus, well-spring of all virtue - ***have mercy on us***

Heart of Jesus, worthy of all praise - ***have mercy on us***

Heart of Jesus, king and center of all hearts - ***have mercy on us***

Heart of Jesus, treasure-house of wisdom and knowledge - ***have mercy on us***

Heart of Jesus, in whom there dwells the fullness of God - ***have mercy on us***

Heart of Jesus, in whom the Father is well pleased - ***have mercy on us***

Heart of Jesus, from whose fullness we have all received - ***have mercy on us***

Heart of Jesus, desire of the eternal hills - ***have mercy on us***

Heart of Jesus, patient and full of mercy - ***have mercy on us***

Heart of Jesus, generous to all who turn to you - ***have mercy on us***

Heart of Jesus, fountain of life and holiness - ***have mercy on us***

Heart of Jesus, atonement for our sins - ***have mercy on us***

Heart of Jesus, overwhelmed with insults - ***have mercy on us***

Heart of Jesus, broken for our sins - ***have mercy on us***

Heart of Jesus, obedient even to death - ***have mercy on us***

Heart of Jesus, pierced by a lance - ***have mercy on us***

Heart of Jesus, source of all consolation - ***have mercy on us***

Heart of Jesus, our life and resurrection - ***have mercy on us***

Heart of Jesus, our peace and reconciliation - ***have mercy on us***

Heart of Jesus, victim of our sins - ***have mercy on us***

Heart of Jesus, salvation of all who trust in you - ***have mercy on us***

Heart of Jesus, hope of all who die in you - ***have mercy on us***

Heart of Jesus, delight of all the saints - ***have mercy on us***

Lamb of God, you take away the sins of the world - ***have mercy on us***

Lamb of God, you take away the sins of the world - ***have mercy on us***

Lamb of God, you take away the sins of the world - ***have mercy on us***

Jesus, gentle and humble of heart.

Touch our hearts and make them like your own.

Let us pray:

Father, we rejoice in the gifts of love

we have received from the heart of Jesus your Son.

Open our hearts to share his life and continue to bless us with his love.

We ask this in the name of Jesus the Lord. Amen.

The Litany of the Sacred Heart of Jesus is a powerful devotional prayer that, according to tradition, attracts infinite graces, consoles in afflictions, and brings peace to families. Reciting it helps us understand the infinite love of Christ, the source of holiness and salvation, offering shelter and spiritual grace to those who trust in His merciful Heart.

The main spiritual benefits and promises associated with devotion to the Sacred Heart (including the recitation of the litanies) include:

- **Grace and Mercy:** Obtaining the graces necessary for one's state in life and the conversion of sinners.
- **Family Peace:** Restoring and maintaining peace in divided communities and families.
- **Consolation:** Comfort in afflictions and a safe refuge, especially at the hour of death.

- Consolation: Offers comfort in all the afflictions and difficulties of life.
- Mercy and salvation: It is the source of salvation for those who hope in Him and a safe refuge at the hour of death.
- Sanctification: Helps make one's heart similar to that of Jesus, meek and humble.

The litanies represent a synthesis of the mystery of Redemption, inviting us to make reparation for offences and to trusting abandonment to the Heart of Jesus, "source of life and holiness".