

The Sacred Heart of Jesus • Monthly Devotion for June

Back in the Middle Ages, many Catholics began observing special devotions around a particular theme each month. Today, many families are reviving this practice as part of the way they observe the liturgical calendar at home. By practicing monthly devotions, the core values of the faith will become more alive within your family. The beauty of monthly devotions is that there is no set way to celebrate. So be creative, make it fun, and adapt your celebration to your own family.

Here are some ways to celebrate the popular devotion for June, the Sacred Heart of Jesus.

Talking with Kids about the Sacred Heart of Jesus

Devotion to the Sacred Heart of Jesus began during the 12th century. It wasn't until 1673, when Sister Margaret Mary Alacoque (canonized in 1920) began to receive visions of Jesus' Sacred Heart. These visions would occur to St. Margaret periodically over the course of two years. During the visions, St. Margaret spoke with Jesus. Of the many things he told her, Jesus said he wanted the image of his heart to be made known so that people were reminded of his love and mercy.

In another vision, Jesus asked St. Margaret to encourage people to receive Communion frequently, and especially on the first Friday of every month. Further, Jesus wanted a Holy Hour established in hope that more people would develop a stronger devotion to him.

The final vision took place in 1675. Jesus had grown sad that many people did not appreciate his infinite love and mercy. Jesus wanted a special day to be established as a reparation

for all of those who have been ungrateful of his love and mercy. And so, Jesus asked St. Margaret to work on establishing the feast of the Sacred Heart. The feast day was formally established in 1765.

Today, the First Friday Mass is celebrated in many parishes on the first Friday of every month. It is common for a parish to celebrate this day by having eucharistic adoration, benediction, confession, and perhaps special prayers.

Feast Days & Memorials

The following days can be connected to this month's devotion. Click to learn more.

[Solemnity of the Most Holy Body and Blood of Christ \(Corpus Christi\)](#)

Solemnity of the Most Sacred Heart of Jesus
[Immaculate Heart of the Blessed Virgin Mary](#)

Bible Verse

A take away for kids to memorize and/or include in their daily prayer.

“Love one another. As I have loved you, so you also should love one another.” ([Jn 13:34](#))

Prayer Prompts

Questions to help propogate the faith with your children.

- How can I show mercy to my family members and friends?
- What can I do to show Jesus that I am grateful for his love and kindness?

- How can I devote myself to Jesus more?

Live It

Incorporate this month's devotion with the virtues of faith, hope and charity.

Faith

Recite the following prayer as a family.

[The Chaplet of Divine Mercy](#) was established by Jesus, through St. Faustina, in 1935. The chaplet was designed with three goals in mind: to obtain Jesus' mercy, to establish trust in Christ, and to show others his mercy.

The Chaplet of Divine Mercy can be said at any time. It is often prayed during the Hour of Mercy (every Friday at 3:00 p.m.), in remembrance of Christ's crucifixion. As the school year tapers off, consider praying the chaplet with your children on Friday afternoons.

For more information in how to pray the Chaplet of Divine Mercy, please [visit this page](#).

Hope

Learn about God's infinite mercy.

Many times we are called to pray for the intentions of other people. Perhaps you know someone battling a sickness, someone who is experiencing a difficult time, or maybe you know someone that does not trust in Christ. Whatever the case may be, God hears all of our prayers, and he answers them, though perhaps in ways we weren't expecting.

Shortly after her visions of the Sacred Heart, St. Margaret wrote a prayer called the Efficacious Novena to the Sacred Heart of Jesus. This prayer became widely popular as it was the go-to prayer used by St. Padre Pio.

During his lifetime, Padre Pio received thousands of requests from people asking him to pray for them. Padre Pio was dedicated to the Sacred Heart of Jesus. Each day, on behalf of all of those whom had asked him to pray for them, Padre Pio would pray the Efficacious Novena to the Sacred Heart of Jesus.

Tens of thousands of faithful Catholics have claimed that their prayer requests were answered through the intercession of Padre Pio and his devotion to the Sacred Heart. Does your family have a go-to prayer for when someone you know is in need?

O my Jesus, you have said: "Truly I say to you, ask and you will receive, seek and you will find, knock and it will be opened to you." Behold I knock, I seek and ask for the grace of (here name your request).

(Recite an Our Father, Hail Mary, and a Glory Be).

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

O my Jesus, You have said: "Truly I say to you, if you ask anything of the Father in my name, he will give it to you." Behold, in your name, I ask the Father for the grace of (here name your request).

(Recite an Our Father, Hail Mary, and a Glory Be).

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

O my Jesus, you have said: "Truly I say to you, heaven and earth will pass away but my words will not pass away."

Encouraged by your infallible words I now ask for the grace of (here name your request).

(Recite an Our Father, Hail Mary, and a Glory Be).

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

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of you, through the Sorrowful and Immaculate Heart of Mary, your tender mother and ours.

Say the Hail, Holy Queen and add: "St. Joseph, foster father of Jesus, pray for us."

– Efficacious Novena to the Sacred Heart of Jesus

Charity

Help the church to grow within your own community.

In the spirit of loving one another, consider establishing a family volunteer project. The project can be as simple or as complex as you want. Anything from cleaning up your local neighborhood, volunteering at a food pantry, or perhaps raising money to aid impoverished people.

By dedicating some of your time as a family to helping others, you will be showing your children how to "love as I have loved you." Discuss volunteer ideas with your family members. Here are some things to consider:

- What types of projects need attention in our community?
- How are we able to help?
- How much time are we able to give?
- Can we invite others to work alongside us?

For more information about monthly devotions, see the [Directory on Popular Piety and the Liturgy](#) #20, #32, #190-191 and the [Catholic Encyclopedia: Special Devotions for Months](#)