

Faith in Five – Adults
Sacred Heart of Jesus, Immaculate Heart of Mary



1. **What is the Sacred Heart of Jesus?** The Sacred Heart of Jesus speaks of God's infinite love for us. The image is viewed as a heart, with a crown of the thorns in the middle signifying Jesus' suffering; the slice in the heart or blood represents His sacrifice of Love for us that was shed for forgiveness of our sins. The flames represent great passion, and love on fire for us, through the cross which is imposed on the very top of the heart. Images of Jesus seen with His Sacred Heart in the middle of His chest can be seen with Him pointing to His heart, an invitation to all of us to come to Him, entering into His great love and mercy. The entire month of June is devoted to the Sacred Heart of Jesus.



2. **How did this devotion begin?** St. Margaret Mary Alacoque (1673-1675) says through her visions, she learned this devotion from Jesus. She states that Jesus asked her for a devotion to His heart, with frequent reception of Holy Communion, on the First Friday of the month and to observe the Holy Hour. The devotion is done on consecutive First Fridays, usually with reconciliation, Mass and Eucharistic Adoration. Other ways of expressing devotion to the Sacred Heart include displaying an image of the Sacred Heart and formal consecration. The purpose of devotion to the Sacred Heart of Jesus is to embrace with all of our heart, soul and strength His great love for us; to honor and give thanks to Him, that He may be glorified.
3. St. Margaret Mary Alacoque shared that Jesus promised blessings to those who practiced the Sacred Heart devotion. The 12 promises of the Sacred Heart:
1. I will give them all the graces necessary in their state of life.
 2. I will establish peace in their homes.
 3. I will comfort them in all their afflictions.
 4. I will be their secure refuge during life, and above all, in death.
 5. I will bestow abundant blessings upon all their undertakings.
 6. Sinners will find in My Heart the source and infinite ocean of mercy.
 7. Lukewarm souls shall become fervent.
 8. Fervent souls shall quickly mount to high perfection.
 9. I will bless every place in which an image of My Heart is exposed and honored.
 10. I will give to priests the gift of touching the most hardened hearts.
 11. Those who shall promote this devotion shall have their names written in My Heart.
 12. I promise you in the excessive mercy of My Heart that My all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in My disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.

4. **Enthronement of the Sacred Heart of Jesus.** In response to Jesus' request, the enthronement involves displaying an image of the Sacred Heart of Jesus in a place of honor in the home. It also includes a dedication and consecration of the family. This can be done ceremoniously by a priest in the family home. Enthronement guides us into deeper devotion of Jesus' Sacred Heart. It is not uncommon to also display the image of the Immaculate Heart of Mary alongside it.

To learn more: <https://acatholicmomslife.com/the-sacred-heart-of-jesus/>

5. **What is the Immaculate Heart of Mary?** The Immaculate Heart of Mary illustrates Mary's love for God and Jesus. The image of her heart is seen with a sword piercing it, as foretold by Simeon the prophet. Her heart is enrobed in roses, which represent her



spiritual suffering that she endured with humility and obedience to God. In this devotion, our prayerful union with Mary expresses our deep love and longing for God and Jesus; The Immaculate Heart urges us to accept sacrifice with joy. We are drawn to Mary's Immaculate Heart because of her humility and acceptance of God's Will in her life. In images of the Immaculate heart with seven swords, they represent the seven sorrows and deep pain of Mary.

6. **St. John Eudes** is credited as encouraging this devotion in the 17th century, in response to the dedicated love of Mary's holy and pure heart in the Middle Ages. Its popularity came after the visions of Mary appeared to St. Catherine Laboure in 1800. Devotion to the Miraculous Medal intensified the devotion to the Immaculate Heart of Mary. Our Lady in 1917, revealed her request in Fatima for the faithful to make reparation to her Immaculate Heart.
7. Our Lady said to St. Lucia, "I promise to assist at the hour of death, with the graces necessary for salvation, all those who, on the first Saturday of five consecutive months, shall confess, receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes, while meditating on the fifteen mysteries of the Rosary, with the intention of making reparation to me".

The significance of Five Saturdays was explained to St. Lucia by the Lord on May 29, 1930, who conveyed to her that it was because of five kinds of offenses and blasphemies against the Immaculate Heart of Mary:

For blasphemies committed against her Immaculate Conception.

For blasphemies committed against her perpetual Virginity.

For blasphemies committed against her Divine Maternity.

For blasphemies of those who seek to sow indifference, scorn or hatred of Mary in the hearts of children.

For blasphemies committed by those who outrage her in her images.

8. **The Feast Days:** The celebrations follow sequentially, with **the Solemnity of the Sacred Heart of Jesus** celebrated first on June 24, and then the **Feast of Immaculate Heart of Mary** on June 25 this year. Together, their feast days express the union of their love for us. If we look to the Sacred Heart of Jesus as His outpouring of love for us, we can meditate on the Immaculate Heart of Mary as our response to that love. There are individual and joint devotions to the Hearts. Both hearts are depicted on the back of the Miraculous medal.



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