

Sacred Heart

Holy Hour

Introduction

By Patrick E. Kelly, Supreme Knight

When we think of the human heart, we call to mind the admirable qualities of love and devotion, as well as courage, faithfulness and sacrifice. When we think of the Sacred Heart of Jesus, we see all these virtues and many others raised to perfection. At the same time, the image of the Sacred Heart is not intimidating; rather, it draws us toward itself. Though perfect, Our Lord's heart remains a human heart, and an accessible bridge between God and humanity.

For centuries, devotion to the Sacred Heart of Jesus has been central in the life of the Church, focusing on the divine love of our Savior expressed in the familiar human qualities of the heart. As the Knights of Columbus launches its new Pilgrim Icon Program centered on the Sacred Heart, we see a providential confluence of events. It comes amid the steady expansion of our *Cor* initiative, which takes its name from the Latin word for heart and invites every Knight to deepen his charity through a more intentional life of prayer, formation and fraternity. In October 2024, Pope Francis issued his fourth encyclical, *Dilexit Nos* (He Loved Us), which is focused on the Sacred Heart of Jesus and resonates perfectly with the *Cor* initiative and our mission as Knights. Pope Francis writes, "St. John Henry Newman took as his motto the phrase *Cor ad cor loquitur*, since, beyond all our thoughts and ideas, the Lord saves us by speaking to our hearts from his Sacred Heart" (§ 26). The Holy Father also notes, "In union with Christ, amid the ruins we have left in this world by our sins, we are called to build a new civilization of love" (§ 182).

In many ways, *Dilexit Nos* can serve as a mission statement for the Knights of Columbus in today's world. The pope observes that we live in a fragmented and divided society, but the heart of Christ is a unifying center. It is the source of truth and goodness that we all need.

The Holy Father's encyclical and our new Pilgrim Icon Program both coincide with the Church's commemoration of the 350th anniversary of the visions of the Sacred Heart received by the French nun St. Margaret Mary Alacoque, who has given us the Twelve Promises of the Sacred Heart and the First Friday devotions. In one of the apparitions, Our Lord told her: "Behold this Heart which has so loved men that it has spared nothing, even to exhausting and consuming itself, in order to testify its love."

There is a strong connection between the Knights of Columbus and devotion to the Sacred Heart, beginning with our Blessed Founder, Father Michael McGivney, who clearly had personal devotion to the Heart of Christ. An image of the Sacred Heart was found among his family's belongings after his death, so

we know he grew up with the devotion, which grew in popularity in the 19th century. Though only 13 letters in his own hand have come down to us, it is significant that he signed one of them, "Yours truly in the S.H." — an abbreviation for the Sacred Heart. Indeed, the French Jesuit, Vincentian and Sulpician priests who oversaw his seminary formation in Canada and the U.S. all had a devotion to the Heart of Jesus, which they undoubtedly encouraged in Michael McGivney and his seminary confreres. We can see evidence of that devotion in perhaps the most evocative example of McGivney's priestly ministry — his extraordinary pastoral care for Chip Smith, who approached the gallows accompanied by Father McGivney, with the penitent prisoner wearing a cloth badge of the Sacred Heart, entrusting himself to divine mercy. And, finally, Father McGivney himself was buried with a depiction of the Sacred Heart, which is on display with his burial vestments in the Blessed Michael McGivney Pilgrimage Center in New Haven, Connecticut.



The particular image chosen for the Pilgrim Icon is the most famous depiction of the Sacred Heart of Jesus, painted in 1767 by Pompeo Batoni and now venerated in the Church of the Gesù in Rome — the mother church of the Society of Jesus, which evokes the Jesuits' longstanding resolve "to practice, promote and propagate devotion to His most divine Heart" (23rd General Congregation, Decree 46 – 1883). In Batoni's beautiful painting, Jesus holds out to us his heart, enflamed with love and wrapped in thorns, so we can meditate on the sacrifice of his passion and be engulfed in his love. Thus, we see that devotion to the Sacred Heart is profound yet simple. It reminds us of God's love for us and is meant to inspire our love in return.

As my brother Knights of Columbus bring reproductions of this beloved image to parishes around the world, I hope that they will invite their families — and all families — to consecrate their homes and themselves to the Sacred Heart. In the heart of Christ, we see the heart of the Father. And we ask Our Lord to help us make his heart our own, so that we may see and love in others what he sees and loves in us.

Sacred Heart Holy Hour

Leader: Welcome to this Sacred Heart Holy Hour. During this hour, we will hear readings from Sacred Scripture and reflections from Pope Francis on the Sacred Heart of Jesus. We will pray the Divine Mercy Chaplet, prayers to the Sacred Heart and have the opportunity for silent prayer. The Knights of Columbus are proud to coordinate this holy hour and hope that it will lead all present to grow in our love for God and devotion to his Most Sacred Heart.

This booklet is intended to be used during exposition of the Blessed Sacrament. If the holy hour is held in a church where the Blessed Sacrament is present but there is no exposition, skip page 3.

Please stand.

Optional Hymn

Love Divine, All Loves Excelling

Words by Charles Wesley

Music by Rowland Hugh Prichard



Exposition

Please kneel.

"O Salutaris Hostia" is sung while the Blessed Sacrament is exposed in a monstrance on the altar by a priest or deacon. If exposition takes place with a monstrance, the Blessed Sacrament is incensed.

O Salutaris Hostia
Words by St. Thomas Aquinas
Translated by Fr. Edward Caswall

1. O salutáris Hóstia,
quae cæli pandis óstium,
bella premunt hostília:
da robur, fer auxílium.

2. Uni trinóque Dómino
sit sempitérna glória,
qui vitam sine término
nobis donet in pátria.
Amen.

1. O saving Victim, opening wide
The gate of Heaven to man below;
Our foes press hard on every side;
Thine aid supply; thy strength bestow.

2. To thy great name be endless praise,
Immortal Godhead, One in Three.
Oh, grant us endless length of days,
In our true native land with thee.
Amen.

Sacred Silence

A brief period of prayerful silence should follow exposition of the Blessed Sacrament.

Liturgy of the Word

Opening Prayer

Leader: Let us pray.

Clothe us, Lord God,
with the virtues of the Heart of your Son
and set us aflame with his love,
that, conformed to his image,
we may merit a share in eternal redemption.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

All: **Amen.**

Please be seated.

First Reading

Hosea 11:1, 3-4, 8c-9

A reading from the Book of Hosea

Thus says the LORD:
When Israel was a child I loved him,
out of Egypt I called my son.
Yet it was I who taught Ephraim to walk,
who took them in my arms;
I drew them with human cords,
with bands of love;
I fostered them like one
who raises an infant to his cheeks;
Yet, though I stooped to feed my child,
they did not know that I was their healer.

My heart is overwhelmed,
my pity is stirred.
I will not give vent to my blazing anger,
I will not destroy Ephraim again;
For I am God and not a man,
the Holy One present among you;
I will not let the flames consume you.

The word of the Lord.

℟ Thanks be to God.

Responsorial Psalm

Isaiah 12:2-3, 4, 5-6

℟ (3) You will draw water joyfully from the springs of salvation.

God indeed is my savior;
I am confident and unafraid.
My strength and my courage is the LORD,
and he has been my savior.
With joy you will draw water
at the fountain of salvation.

℟ You will draw water joyfully from the springs of salvation.

Give thanks to the LORD, acclaim his name;
among the nations make known his deeds,
proclaim how exalted is his name.

℟ You will draw water joyfully from the springs of salvation.

Sing praise to the LORD for his glorious achievement;
let this be known throughout all the earth.
Shout with exultation, O city of Zion,
for great in your midst
is the Holy One of Israel!

℟ You will draw water joyfully from the springs of salvation.

Second Reading *Ephesians 3:8-12, 14-19*

A reading from the Letter of St. Paul to the Ephesians

Brothers and sisters:
To me, the very least of all the holy ones, this grace was given,
to preach to the Gentiles the inscrutable riches of Christ,
and to bring to light for all what is the plan of the mystery
hidden from ages past in God who created all things,
so that the manifold wisdom of God
might now be made known through the church
to the principalities and authorities in the heavens.
This was according to the eternal purpose
that he accomplished in Christ Jesus our Lord,
in whom we have boldness of speech
and confidence of access through faith in him.

For this reason I kneel before the Father,
from whom every family in heaven and on earth is named,
that he may grant you in accord with the riches of his glory
to be strengthened with power through his Spirit in the inner self,
and that Christ may dwell in your hearts through faith;
that you, rooted and grounded in love,
may have strength to comprehend with all the holy ones
what is the breadth and length and height and depth,
and to know the love of Christ which surpasses knowledge,
so that you may be filled with all the fullness of God.

The word of the Lord.
℟. Thanks be to God.

Please stand.

Gospel

John 19:31-37

A reading from the holy Gospel according to John
℟ Glory to you, O Lord.

Since it was preparation day,
in order that the bodies might not remain on the cross on the sabbath,
for the sabbath day of that week was a solemn one,
the Jews asked Pilate that their legs be broken
and they be taken down.
So the soldiers came and broke the legs of the first
and then of the other one who was crucified with Jesus.
But when they came to Jesus and saw that he was already dead,
they did not break his legs,
but one soldier thrust his lance into his side,
and immediately blood and water flowed out.
An eyewitness has testified, and his testimony is true;
he knows that he is speaking the truth,
so that you also may come to believe.
For this happened so that the Scripture passage might be fulfilled:
Not a bone of it will be broken.
And again another passage says:
They will look upon him whom they have pierced.

The Gospel of the Lord.
℟ Praise to you, Lord Jesus Christ.

Please be seated.

If a priest or deacon is leading the prayer service, a homily may be given in place of the following reflections taken from Pope Francis' encyclical letter Dilexit Nos. *A pause is recommended after each reflection is read aloud.*

Reflections from Pope Francis' Encyclical Letter *Dilexit Nos*

Reflection I

Saint John Henry Newman took as his motto the phrase *Cor ad cor loquitur*, since, beyond all our thoughts and ideas, the Lord saves us by speaking to our hearts from his Sacred Heart. This realization led him, the distinguished intellectual, to recognize that his deepest encounter with himself and with the Lord came not from his reading or reflection, but from his prayerful dialogue, heart to heart, with Christ, alive and present. It was in the Eucharist that Newman encountered the living heart of Jesus, capable of setting us free, giving meaning to each moment of our lives, and bestowing true peace: "O most Sacred, most loving Heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still… I worship Thee then with all my best love and awe, with my fervent affection, with my most subdued, most resolved will. O my God, when Thou dost condescend to suffer me to receive Thee, to eat and drink Thee, and Thou for a while takest up Thy abode within me, O make my heart beat with Thy Heart. Purify it of all that is earthly, all that is proud and sensual, all that is hard and cruel, of all perversity, of all disorder, of all deadness. So fill it with Thee, that neither the events of the day nor the circumstances of the time may have power to ruffle it, but that in Thy love and Thy fear it may have peace" (§ 26).

Reflection II

Devotion to the heart of Christ is not the veneration of a single organ apart from the Person of Jesus. What we contemplate and adore is the whole Jesus Christ, the Son of God made man, represented by an image that accentuates his heart. That heart of flesh is seen as the privileged sign of the inmost being of the incarnate Son and his love, both divine and human. More than any other part of his body, the heart of Jesus is "the natural sign and symbol of his boundless love" (§ 48).

Reflection III

The eternal Son of God, in his utter transcendence, chose to love each of us with a human heart. His human emotions became the sacrament of that infinite and endless love. His heart, then, is not merely a symbol for some disembodied spiritual truth. In gazing upon the Lord's heart, we contemplate a physical reality, his human flesh, which enables him to possess genuine human emotions and feelings, like ourselves, albeit fully transformed by his divine love. Our devotion must ascend to the infinite love of the Person of the Son of God, yet we need to keep in mind that his divine love is inseparable from his human love. The image of his heart of flesh helps us to do precisely this (§ 60).

Please stand.

Intercessions

Leader: Trusting in the perfect love of our Savior's Heart, let us entrust our petitions to him. The response is: **Lord, hear our prayer**.

For Pope Francis, and for all bishops and priests, that they may always lead the faithful in emulating the charity of the most Sacred Heart of Jesus. We pray to the Lord. **℟**

For all those who are sick, suffering, or lonely, that they may find rest and comfort in Our Lord's Heart. We pray to the Lord. **℟**

For our friends and family members who no longer practice the Catholic Faith, that they may return to the Faith and find peace in Our Lord's Most Sacred Heart. We pray to the Lord. **℟**

For those whose hearts have grown lukewarm, that they may be reinvigorated by the burning fire of Christ's love. We pray to the Lord. **℟**

For the cause for canonization of Blessed Michael McGivney, Founder of the Knights of Columbus: that this holy priest, who was devoted to the Sacred Heart of Jesus, may soon be raised to the full honors of the altar. We pray to the Lord. **℟**

That the Sacred Heart of Jesus and the Immaculate Heart of Mary may reign in the hearts of all men. We pray to the Lord. **℟**

For the intentions we hold in the silence of our hearts *(pause)*. We pray to the Lord. **℟**

Please sit or kneel.

The Divine Mercy Chaplet

Leader: Let us now join in praying the Divine Mercy Chaplet, meditating on the suffering of our Lord, Jesus Christ.

Pope Francis explains the connection between Christ's suffering and His Sacred Heart in his encyclical letter *Dilexit Nos*, writing:

"The wound in Christ's side, the wellspring of living water, remains open in the risen body of the Saviour. The deep wound inflicted by the lance and the wounds of the crown of thorns that customarily appear in representations of the Sacred Heart are an inseparable part of this devotion, in which we contemplate the love of Christ who offered himself in sacrifice to the very end. The heart of the risen Lord preserves the signs of that complete self-surrender, which entailed intense sufferings for our sake. It is natural, then, that the faithful should wish to respond not only to this immense outpouring of love, but also to the suffering that the Lord chose to endure for the sake of that love" (§ 151).

Sign of the Cross

Leader: In the name of the Father, ✠
and of the Son, and of the Holy Spirit.

All: **Amen.**

Opening Prayer

Leader: You expired, Jesus,
but the source of life gushed forth for souls,
and the ocean of mercy opened up for the whole world.
O Fount of Life, unfathomable Divine Mercy,
envelop the whole world and empty Yourself out upon us.

O Blood and Water

Repeat three times

Leader: Oh blood and water,
which gushed forth from the heart of Jesus
as a fount of mercy for us,

All: **I trust in you.**

Lord's Prayer

Leader: Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.

All: **Give us this day our daily bread**
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen.

Hail Mary

Leader: Hail Mary, full of grace,
the Lord is with thee:
blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.

All: **Holy Mary, Mother of God,**
pray for us sinners, now,
and at the hour of our death. Amen.

Apostles' Creed

Leader: I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge
the living and the dead.

All: **I believe in the Holy Spirit,**
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Each Decade

Leader: Eternal Father,
I offer you the body and blood,
soul and divinity
of your dearly beloved Son,
our Lord, Jesus Christ,

All: **In atonement for our sins**
and for those of the whole world.

Leader: For the sake of his sorrowful passion, *Repeat ten times*

All: **Have mercy on us and on the whole world.**

Holy God

Leader: Holy God, holy Mighty One,
holy Immortal One, *Repeat three times*

All: **Have mercy on us and on the whole world.**

Closing Prayer

Leader: Eternal God, in Whom mercy is endless
and the treasury of compassion – inexhaustible,
look kindly upon us and increase Your mercy in us,
that in difficult moments we might not despair
nor become despondent,
but with great confidence submit ourselves to Your holy will,
which is Love and Mercy itself.

Sign of the Cross

Leader: In the name of the Father, ✠
and of the Son, and of the Holy Spirit.

All: **Amen.**

A period of prayerful silence should follow the Divine Mercy Chaplet.

Litany of the Sacred Heart of Jesus

Leader: Let us pray the Litany of the Sacred Heart of Jesus.

Leader:	Lord, have mercy.	**All:**	**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.

Grant, we pray, almighty God,
that we, who glory in the Heart of your beloved Son
and recall the wonders of his love for us,
may be made worthy to receive
an overflowing measure of grace
from that fount of heavenly gifts.
Through Christ our Lord.

℟. **Amen.**

Act of Reparation to the Sacred Heart

Leader: Let us pray together the Act of Reparation to the Sacred Heart and the Consecration to the Sacred Heart.

All: Most loving Jesus,
how great is the love which you have poured out upon the world.
How casual and careless is our response!
Kneeling before you, we wish to atone for the indifference and the slights which pierce you to the heart.

Praise to the heart of Jesus, our Savior and our God.

We ask forgiveness for our own shameful neglect.
We wish to make amends
for those who are obstinate in their unbelief,
for those who turn away from the light
and wander like sheep without a shepherd;
and for those who have broken their baptismal promises
and reject the gentle yoke of your law.

Praise to the heart of Jesus, our Savior and our God.

We wish to make amends for the sins of our society:
for lust and degradation,
for corruption of the young,
for indifference and blasphemy,
for attacks against your Church,
for irreverence and even sacrilege
against your love in this blessed sacrament,
and for the public defiance of your law.

Praise to the heart of Jesus, our Savior and our God.

These are the sins for which you died,
but now we share in your atonement
by offering on the altar in union with you
the living sacrifice you made on the cross,
joining to it the sufferings of your Virgin Mother,
and those of all the saints and the whole Church.

Praise to the heart of Jesus, our Savior and our God.

We promise faithfully
that by your grace
we shall make reparation for our own sins
and for those of others
by a strong faith,
by holy living,
and by obedience to the law of the Gospel,
whose greatest commandment is that of charity.

Praise to the heart of Jesus, our Savior and our God.

We also promise to do our best
to discourage others from insulting you
and bring those we can to follow you.

Praise to the heart of Jesus, our Savior and our God.

Jesus, Lord,
receive this loving act of homage
together with the prayers of our Lady,
who stood by the cross,
our model in reparation.
Keep us faithful, even to the point of death,
give us the gift of perseverance
and lead us all to our promised land in heaven,
where you, with the Father and the Holy Spirit,
live and reign for ever and ever. Amen.

Praise to the heart of Jesus, our Savior and our God.

Act of Consecration to the Sacred Heart

St. Margaret Mary Alacoque

All: I give and consecrate to the Sacred Heart of our Lord Jesus Christ my person and my life, my actions, penances, and sufferings, not wishing to make use of any part of my being for the future except in honoring, loving, and glorifying that Sacred Heart.

It is my irrevocable will to be entirely his, and to do everything for his love, renouncing with my whole heart whatever might displease him.

I take you then, O most Sacred Heart, as the sole object of my love, as the protector of my life, as the pledge of my salvation, as the remedy of my frailty and inconstancy, as the repairer of all the defects of my life, and as my secure refuge in the hour of death.

Be then, O Heart of goodness, my justification before God the Father, and remove far from me the thunderbolts of his just wrath. O Heart of love, I place my whole confidence in you. While I fear all things from my malice and frailty, I hope all things from your goodness.

Consume then in me whatever can displease or be opposed to you, and may your pure love be so deeply impressed upon my heart that it may be impossible that I should ever be separated from you or forget you.

I implore you, by all your goodness, that my name may be written in you, for in you I wish to place all my happiness and all my glory, living and dying in very bondage to you. Amen.

If there is exposition, continue with benediction on page 22.

Otherwise, close the prayer service with the concluding hymn and prayer on page 24.

Benediction

Tantum Ergo
Words by St. Thomas Aquinas
Translated by Fr. Edward Caswall

1. Tantum ergo Sacramentum
venerémur cérnui,
et antíquum documéntum
novo cedat rítui;
præstet fides suppleméntum
sénsuum deféctui.

2. Genitóri, Genitóque
laus et jubilátio,
salus, honor, virtus quoque
sit et benedíctio;
procedénti ab utróque
compar sit laudátio. Amen.

1. Down in adoration falling,
Lo! the Sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

2. To the Everlasting Father,
And the Son Who reigns on high
With the Holy Ghost proceeding
Forth from Each eternally,
Be salvation, honor, blessing,
Might, and endless majesty. Amen.

Presider: Let us pray.

O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your Body and Blood
that we may always experience in ourselves
the fruits of your redemption.
Who live and reign for ever and ever.

All: **Amen.**

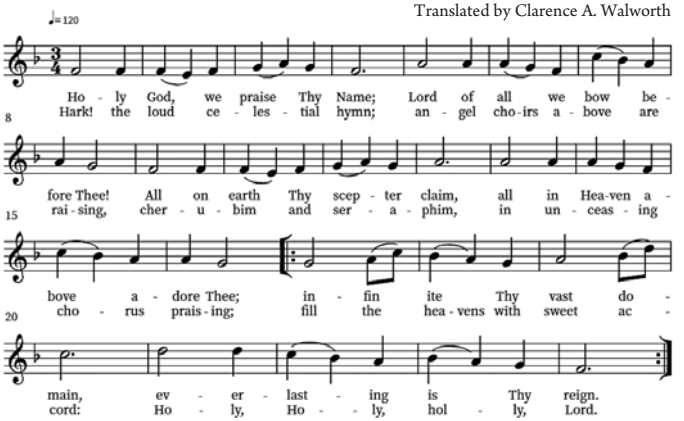
The Divine Praises

All: Blessed be God.
Blessed be his holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the Name of Jesus.
Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy Sacrament of the altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste Spouse.
Blessed be God in his Angels and in his Saints.

Concluding Prayers

Please stand.

Holy God, We Praise Thy Name
Words and music by Ignaz Franz
Translated by Clarence A. Walworth



Concluding Prayer

Leader: O Most Sacred Heart of Jesus, pour down your blessings abundantly upon your Church, upon the Supreme Pontiff, and upon all the clergy; give perseverance to the just, convert sinners, enlighten unbelievers, bless our parents, friends, and benefactors, help the dying, free the souls in purgatory, and extend over all hearts the sweet empire of your love. Amen.

All: **Amen.**

Following this holy hour, you are encouraged to further invite Jesus into your own heart and recognize him as king by enthroning the Sacred Heart of Jesus in your home. It is an excellent way to honor Christ and place him at the center of your life and family. Resources for enthroning the Sacred Heart in your home can be found at kofc.org/sacredheart.

Notes & Acknowledgments

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1979-80
Our Lady of Guadalupe



1981-82
Immaculate Conception



1984-85
Our Lady of
Perpetual Help



1986-87
Our Lady of Czestochowa



1988-89
Our Lady of Pochaiv



1990-91
Our Lady of the Assumption



1993-94
Holy Family



1995-96
Our Lady of Guadalupe



1997-98
Our Lady of the
New Advent



1999-2000
Millennium Cross



2000-01
Our Lady of Guadalupe



2002-03
Our Lady of the Rosary



2003-04
Divine Mercy



2007-08
Our Lady of Charity



2011-13
Our Lady of Guadalupe



2013-14
Immaculate Conception



2015-17
Holy Family



2018-20
Our Lady Help of
Persecuted Christians



2021-24
St. Joseph



2025-
Sacred Heart of Jesus

"The heart of Christ, as the symbol of the deepest and most personal source of his love for us, is the very core of the initial preaching of the Gospel. It stands at the origin of our faith, as the wellspring that refreshes and enlivens our Christian beliefs."

Pope Francis, *Dilexit Nos*, § 32

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If you post a photo of your Holy Hour to social media, please tag us!

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