

**HEART OF MERCY  
Hour of Adoration**

**Silently adore the Lord and quiet your soul for this sacred hour and offer this hour of adoration for these intentions \_\_\_\_\_**

*Introduction*

Devotion to the Sacred Heart of Jesus is devotion to his humanity, to his mercy; it is an invitation to make reparation with him for the sins of humanity: "Be sorry for sin." In this Hour of adoration we will let the meditations and prayers of Blessed James Alberione guide our own prayer and devotion.

**A prayer of thanksgiving for the Lord's blessings.**

**To the Sacred Heart of Jesus**

Jesus, our Master, I, an unworthy sinner, prostrate before you, adore your Heart, which has so greatly loved everyone and has not spared anything for us. I believe in your infinite love for us. I thank you for the great gifts which out of love you gave us, especially: the Gospel, the Holy Eucharist, the Church, Mary as Mother, and your very life.

**A Prayer for the Reading of the Sacred Scriptures**

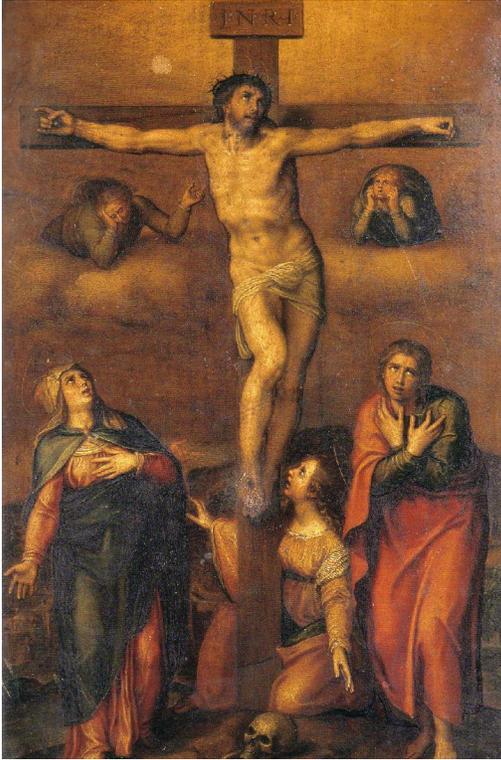
**Prayer**

Jesus, Divine Master, I thank and bless your most generous Heart for the great gift of the Gospel. You said: "I was sent to evangelize the poor." Your words bring eternal life. In the Gospel, you revealed divine mysteries, taught the way of God in truth, offered the means of salvation. Grant me the grace to listen to your Gospel, read it according to the spirit of the Church, and promote it with the love with which you preached it. May it be known, honored, and received by all! May the world conform to it with its laws, morals, and way of life. May the fire brought by you upon the earth inflame, enlighten and warm everyone.

**Proclamation of the Holy Gospel according to John 19:31-37**

<sup>31</sup>Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. <sup>32</sup>Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. <sup>33</sup>But when they came to Jesus and saw that he was already dead, they did not break his legs. <sup>34</sup>Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. <sup>35</sup>(He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.) <sup>36</sup>These things occurred so that the scripture might be fulfilled, 'None of his bones shall be broken.' <sup>37</sup>And again another passage of scripture says, 'They will look on the one whom they have pierced.'"

**Second Reading** from the writings of Blessed James Alberione, ssp



To know the Heart of Jesus means knowing the entire Incarnation, the life, the preaching, the passion of the Savior; it means knowing the Sacraments, especially the Eucharist, the Church, the Priesthood; it means knowing his mercy toward sinners. Imitate the Heart of Christ because He is the source and the model of every virtue. Let our hearts become similar to the Divine Heart, that is, meek, humble, devout, generous, burning with love of God and of neighbor. It is the abyss of all the virtues. Pray to the Heart of Jesus: with prayers, reparation, homage. The Church recognizes it as the source of goodness. Sinners find reconciliation and resurrection there; the weak are strengthened; the doubtful are enlightened... The divine invitation is addressed to all: «Come to me all you who are suffering and oppressed, I will console you»...

**Take some time to reflect on what you have read.**

### **Thought for the Examination of Conscience**

Love for the Heart of Jesus is the simplest, easiest and shortest way to attain sanctity. Love for the Sacred Heart of Jesus weeds out every inordinate affection, be it for things or for persons; it awakens distaste for anything which displeases the Lord... This love awakens in us the desire to mortify ourselves, to do penance, to accomplish great things for the Lord. This love disposes us to prayer, prepares beautiful vocations, fills the soul with joy even in tribulation. This love fosters apostles, heroic deeds, the most ardent desire for Paradise. It chases away fears and diffidence (Blessed James Alberione).

**Take this time to do some soul searching since the last prayer time. How did my feelings, words, thoughts and actions reflect my union with Jesus?**

**You may pray a prayer of sorrow for the faults committed that you know by heart or from your prayer book. Or pray the following prayer.**

### **Prayer**

May I see with your eyes.  
May I speak with your tongue.  
May I hear with your ears.  
May I relish what you relish.  
May my hands be yours.  
May I pray with your words.

May I treat others as you do.  
May I participate in the liturgy as you offered yourself: totally.  
May I be in you and you in me, to the point that I disappear.  
May you use my tongue to sing the praises of God through the ages.  
May you use my heart to love him. May you use me, in my weaknesses and limitations, to proclaim: *"I am the Good Shepherd; what I desire is mercy."*

**Blessed James Alberione, ssp**

**Resolution – Making a concrete resolution regarding ones thoughts, words and deeds will help us to be more conformed to Jesus' life in us. Ask God for the strength to carry out the resolution you have made. Take some time for silent adoration.**

**Closing prayer for the Hour of Adoration**

**Secret of Success** - Based on a prayer by *Blessed James Alberione, ssp*

Jesus, Divine Teacher, you call us to follow you and to spread the Good News of your Gospel to the ends of the earth. To undertake such a task, we must be holy as your Father in heaven is holy.

Yet we are weak, unaware, incapable, and inadequate in so many ways. You, instead, are the Way and the Truth and the Life, the Resurrection, our one and supreme good. We trust in your promise: "I am with you always" (Mt 28:20). We have faith in you alone who assure us, "Whatever you ask the Father in my name, you will receive it (see Jn 14:13).

For my part, we promise to seek only and always your Kingdom, your glory, and peace to all people. We trust that you will give us all we need: grace, discernment, and the means to do good in the world. Multiply my spiritual and apostolic efforts, Lord. We do not doubt you, but we fear our inconstancy and weakness.

Therefore, good Master, through the intercession of Mary, Queen of the Apostles, extend to us the mercy you used with the Apostle Saint Paul, so that, faithfully imitating you here on earth, we may be companions with your saints in heavenly glory. Amen

Based on a prayer Secret of Success by Blessed James Alberione

**Silent Adoration**

**(Scripture: New Revised Standard Version; photo: public domain)**