

MOST SACRED HEART OF JESUS

FOR FAMILIES WITH OLDER CHILDREN

Devotion to the Sacred Heart of Jesus became popular in the late seventeenth century. Margaret Mary Alacoque, a French nun, reported visions of Jesus revealing his Sacred Heart. During her visions, Jesus promised peace and blessings to those who honored his Sacred Heart. Soon after, devotion to the Sacred Heart began to spread throughout the world.

Many families are consecrated to the Sacred Heart of Jesus. The Church celebrates the Solemnity of the Most Sacred Heart of Jesus on the Friday after the Solemnity of the Most Holy Body and Blood of Christ.

FAMILY ACTIVITY

The following activity is designed to be used by families with children at the Intermediate through Junior High levels.

MATERIALS

- red construction paper
- colored markers or pencils
- scissors

PREPARE

Devotion to the Sacred Heart of Jesus is showing honor and love for the human heart of Jesus and the divine love Jesus has for all people. Together, name some ways that Jesus shows his love.

SHARE

Our human hearts can be filled with joy, sadness, hope, and desire. Jesus cares about these things because he loves us. Talk about how we can trust Jesus with our joys, fears, and hopes.

Jesus also wants all people to know the love God has for them. Jesus is sad when people fail to recognize his love. Make a list of ways in which your family can share God's love with others.



RESPOND

Ask each person to make a heart using the red paper and scissors. On each heart, write, "Sacred Heart of Jesus, I place my trust in you." Place the hearts around the house as reminders to trust Jesus and to share God's love with others.

PRAY

Recite together the simple prayer,

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

Then meditate on and color the image on the next page.

Celebrate the MOST SACRED HEART OF JESUS

Meditate on this image of the Sacred Heart of Jesus while coloring it.

Today there are various devotional ways to honor or venerate the Sacred Heart of Jesus. Short prayers, holy hours, novenas, and litanies are a few ways.

