

MOST SACRED HEART OF JESUS

FOR FAMILIES WITH YOUNG CHILDREN

The Sacred Heart of Jesus is a symbol of his love for all people. His Death on the Cross is an example of Jesus' great love and sacrifice. Jesus loves each one of his beloved children.

Devotion to the Sacred Heart is a way to show our faithfulness to Jesus and his love. Jesus wants us to love others as he loves us. We can use the image of Jesus' Sacred Heart to help us love like him.

FAMILY ACTIVITY

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

PREPARE

Tell those who are present that devotion to the Sacred Heart of Jesus is showing honor and love for Jesus and his love for everyone. Explain that each of us can be kind and loving like Jesus. By sharing Jesus' love with others, we grow closer to God.

SHARE

Look at the image of the Most Sacred Heart of Jesus on the next page. Invite each person to write down the name of that part of the Sacred Heart image on the numbered line.

Then together read aloud each statement that follows. For example, you might recite together: "Flame. This reminds us that Jesus' love for us burns brightly and never goes out or stops." Continue until all five parts are read aloud: flame (or fire), cross, heart, crown, wound.



RESPOND

Invite each person to think of a way that he or she can share the love of Jesus with others at home, at school or at work, or in the parish. Now, have each person imagine a scenario in which people are sharing Jesus' love with one another. Ask each person to share with the family specific details of the scenario, such as where it takes place, who is sharing the love of Jesus, what people do to show love, and so on.

PRAY

Recite together the simple prayer,

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

Celebrate the MOST SACRED HEART OF JESUS

The devotion to the Most Sacred Heart of Jesus is attributed to Saint Margaret Mary Alacoque. Today, there are various devotional ways to honor the Sacred Heart of Jesus. Short prayers, holy hours, novenas, and litanies are a few ways.

After the completion of this family activity, spend time together looking at this image of the Sacred Heart of Jesus. Share with one another how the image helps you focus on loving like Jesus.

1. _____
This reminds us that Jesus' love for us burns brightly and never goes out or stops.

2. _____
This reminds us that Jesus gave up his life on it for us.

3. _____
This reminds us of Jesus' love.

4. _____
This, made of thorns around the heart, reminds us of what Jesus wore on the Cross.

5. _____
This is a reminder of how Jesus was hurt because of his great love for us.