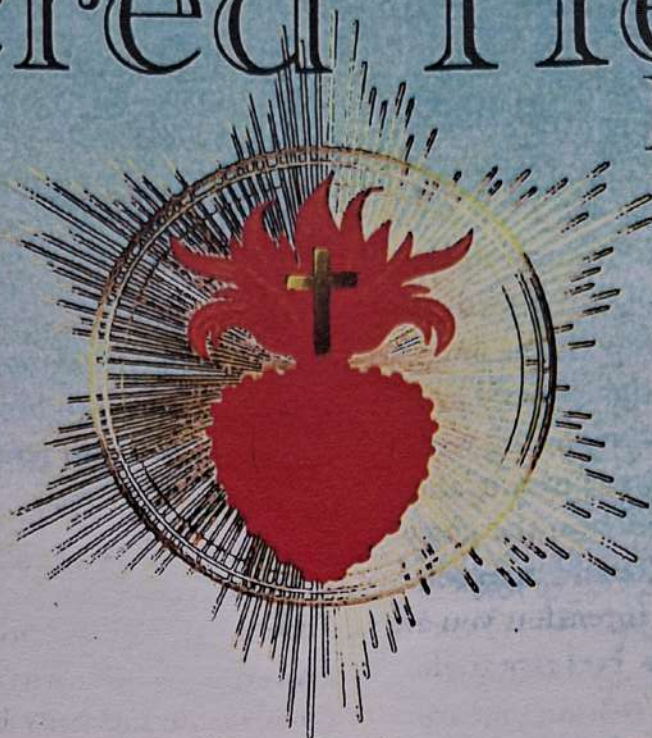


the Sacred Heart Novena

4 - 12 June
2026



Introduction

A novena prepares us over nine days to receive the graces of God special to a feast. In this Sacred Heart novena, the grace we ask is to know personally the love of God in the heart of Christ.

The Novena to the Sacred Heart takes place from 4–12 June 2026. Many churches celebrate this novena, or at least pray the novena prayer. During the nine days, we renew our love of the heart of Jesus, who loved us first. Each day, this novena presents a short piece of Scripture followed by a meditation, a reflection and a prayer.

Novena texts by Enda O'Callaghan SJ; meditations by Brendan Comerford SJ

Novena Prayer

Lord Jesus Christ, your heart was moved with love for those who came to you for help: you healed the sick, you fed the hungry, you forgave sinners, you cried over Jerusalem. Above all, you showed to those who were prepared to listen the way to true life, for you are the Way, the Truth and the Life.

Lord, your heart is still moved today by your people and their many needs. Open my heart to hear your Word, to accept your love and to respond to your call. In particular, I beg you to grant me the favour I ask during this novena (make your request silently), provided that it will contribute to my own eternal good and to the building up of your kingdom of love, peace and justice here on earth.

Most Sacred Heart of Jesus, I place all my trust in you.

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How to Pray the Novena

Give yourself about ten minutes to slowly read the content of each day. Repeat the scripture to yourself a few times, and allow it centre you on the love of God. Mull over the meditation, ending with the short prayer. In the novena prayer, there is the opportunity to pray for the grace of God's love in your life and mention any special concern or intention you are bringing to the novena. Feel free to do so.

The theme is the call and invitation of Jesus to come to know, love and follow him in our lives. Real prayer is always to be understood as a personal meeting with our risen Lord. In our own words, we speak to him from our hearts, communicating whatever thoughts come to mind from the gospel quotations and reflections.

Sacred Heart Prayer of Pope Francis

'In the presence of the heart of Christ, I once more ask the Lord to have mercy on this suffering world in which he chose to dwell as one of us. May he pour out the treasures of his light and love, so that our world, which presses forward despite wars, socioeconomic inequalities and uses of technology that threaten our humanity, may regain the most important and necessary thing of all: its heart.' – *Dilexit* Nos, 2024

Day One: Thursday 4 June

Jesus the patient friend

Scripture:

'Behold I stand at the door and knock; if anyone hears my voice and opens the door, I will come in to them and eat with them, and they with me.' (Rev 3:20)

Meditation:

Jesus takes the initiative and asks that you open the door to him. He wants to hear your answer and your request during these days.

Prayer:

Lord, we do not understand why you love us so much and why you are so patient with us. It can only be because you are love itself. Help us to hear that persistent knocking and to open ourselves to you.

Day Two: Friday 5 June

A day with Jesus of Nazareth

Scripture:

'The two disciples said to Jesus, "Master, where do you live?" Jesus said, "Come and see" and they stayed with him that day.' (Jn 1:38)

Meditation:

Perhaps the lesson here is to be open to the God of surprises. Sometimes we recognise that the Lord answered our requests in the manner we least expected.

Prayer:

Lord Jesus, you are telling each of us to come and see. Help us to truly meet you in prayer and to discover the joy of coming to know and love you.

Day Three: Saturday 6 June

The humble Jesus

Scripture:

'Come to me all you who labour and are burdened and I will give you rest. Learn from me, for I am gentle and humble of heart.' (Mt 11:28)

Meditation:

The only God I know is the God of Jesus Christ who went to weddings, relished his food and drink and enjoyed intimate friendship with rich and poor, men and women.

Prayer:

Lord Jesus, you know what it is like to live our human life. Help us to remember that you love everyone and see the good in each person, and help us to love them as sisters and brothers.

Day Four: Sunday 7 June

Jesus the compassionate friend

Scripture:

'And a leper came to him, beseeching him, "Lord, if you will, you can make me clean." Moved with compassion, Jesus stretched out his hand and touched him saying, "I will, be clean." And immediately the leprosy left him. (Mk 1:40-42).

Meditation:

St Catherine of Siena says, 'We look at people's faults, but God looks at their struggles and desire for good.'

Prayer:

Lord, you always looked on everyone with deep compassion, and just being in your

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presence brings a healing of body and mind. Help us in our day to be your eyes, which look with compassion on others.

Day Five: Monday 8 June

The call to follow Jesus as Christians

Scripture:

'My sheep hear my voice; I know them and they follow me.' (Jn 10:27)

Meditation:

Genuine love always gives you the feeling that you are good. Surely the open hands of the Sacred Heart invite us to this truth.

Prayer:

Lord Jesus, help us to hear your call in all the different experiences of our human lives. Give us the grace to respond with generosity and fidelity, knowing that you are always walking with us.

Day Six: Tuesday 9 June

The call to trust

Scripture:

'When Peter saw the wind, he was afraid, and beginning to sink, he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?"' (Mt 14:29-31).

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Meditation:

Our relationship with God matures when we spend time away from the crowds; it creates a bond of intimacy, being present solely for the other.

Prayer:

Lord, give us the courage and faith to carry on, knowing that you never stop loving us. Help us to see that with you we can do everything that your call asks of us.

Day Seven: Wednesday 10 June

The God who lives within us

Scripture:

'If anyone loves me, they will keep my word, and my father will love them, and we will come to them, and make our home with them.' (Jn 14:23).

Meditation:

In prayer you are speaking to your best friend. You will not fear to express truth; and this best friend will be truthful with you in love.

Prayer:

Lord Jesus, help us to truly believe in your words. Show us in prayer how to recognise your presence within us and how to let our prayer influence our daily lives.

Day Eight: Thursday 11 June

Loved as we really Are

Scripture:

'Then he said to all, "If any one wishes to come after me, they must deny themselves, take up their cross daily and follow me." (Lk 9:23)

Meditation:

In prayer we disclose who we really are and what it means to be human, created by love, created to love.

Prayer:

Lord, you are especially close to us when we suffer. Help us to unite our sufferings with yours for the salvation of the world. And help us to pray often on your passion and death.

Day Nine: Friday 12 June

To be with Jesus when he calls

Scripture:

'Father, I want those also whom you have given me, to be with me where I am, so that they may see the glory which you have given me.' (Jn 17:24)

Meditation:

St Catherine of Siena wrote, 'What matters is not feeling during but loving after prayer. Prayer is rising to the reality of loving like Christ.'

Prayer:

Lord Jesus, give us the grace never to turn back from our decision to answer your call to follow you faithfully. You went the whole way in giving your life for us. Help us to be faithful to you all the days of our lives.