

Cor Gathering of 13 January 2026

The Sacred Heart of Jesus

On 11 November 2025, the Catholic bishops of the United States dedicated 2026, the 250th anniversary of our country, to the Sacred Heart of Jesus. Devotion to the Sacred Heart began 11th or 12th century, but it became more prominent in 1675 when our Lord and Savior appeared to Sister Mary Margaret Alacoque, nun in the Visitation Convent at Paray-le-Monial, France. In these visions, Jesus revealed His heart as a symbol of His unlimited love of humanity and unconditional mercy.

The Saint Michael's Cor Men's Ministry is conducting our first gathering of 2026 to worship the Sacred Heart of Jesus. Our program is based on the Knights of Columbus's Sacred Heart Pilgrim Icon Holy Hour devotion. The program includes a Lectio Divina on a reading from Saint Paul to the Ephesians in addition to small group discussions over reflections of Pope Francis from his 2024 encyclical, *Delixit Nos* ("He Chose Us"), which focuses on the importance on the "heart" and how we focus on our love of Christ with our own hearts. Finally, we will gather together and prayer to the Sacred Heart of Jesus

Gathering for the Sacred Heart

Leader: Welcome to this Sacred Heart gathering of prayer and faith formation. During this time, we will perform a Lectio Divina on the letter of Saint Paul to the Ephesians (chapter 3, verses 8-12, 14-10) and reflections from Pope Francis on the Sacred Heart of Jesus. We will pray the Litany to the Sacred Heart as well as the Acts of Reparation and Consecration. We will also engage in silent prayer. The Saint Michael Cor Men's ministry is proud to engage in this special devotion to grow in our love for God and devotion to his Most Sacred Heart.

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

Lectio Divina

Leader: Let us take a few minutes in silence to remind ourselves that we are in the presence of God. Focus on your breathing and allow the distractions in your mind to pass away. Remember that where 2 or 3 are gathered in the name of Jesus he is there in our midst.

Recall the words of Psalm 46, "Be still, and know that I am God." Repeat this phrase by dropping the last word until you are left with, "Be." Focus to your interior world bring your attention to the presence of God in your heart.

Reader 1: Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love.

Send forth your Spirit, and they shall be created.

All: **And you shall renew the face of the earth.**

Reader 1: O God, who, by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations through the same Christ Our Lord. Amen.

All: **Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my heart open to the beauty of God every day.**

Leader: Let us now turn to the Blessed Virgin Mary and ask her to be present here with us and guide us to her son, Jesus Christ.

Reader 2: Mary, Mother of the Word Incarnate, we turn to you as we begin this time of prayer.

Open our hearts to encounter your Son in the words of Sacred Scripture. Bring us to him and help us to hear his voice as he speaks to us. May this time spent with the Word of God lead us to more closely follow your Son, Jesus Christ. Let us pray together:

All: We fly to thy protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from all dangers, O Glorious and Blessed Virgin. Amen.

Lectio – The Reading

Leader: Let us now turn to Scripture and read from the book of Genesis. This is the first step of Lectio Divina. Listen attentively and ask yourself what the Biblical text is saying in itself.

Reader 3: A reading from the Letter of Saint 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.

All: **Thanks be to God**

Allow a minute of silence

Leader: Let us listen to the passage one more time. Continue to ask what the Biblical text is saying in itself, but pay attention to any word or phrase that sticks out to you.

Reader 3: Re-Read the Letter to the Ephesians

Following the reading, allow a minute of silence

Meditatio –Meditation

Leader: We now turn to the second step of Lectio Divina, called Meditatio. We will spend the next 3 minutes in silence allowing God to speak to us through the passage of Scripture. Ask God and yourself, "what does the biblical text say to me?" Spend time focusing on the words or phrases that stuck out to you when reading and allow them to speak into your life. Allow the

text to move you or challenge you. If necessary, reread the passage for yourself. Feel free to write or make notes on the page if that helps you.

Spend approximately 3 minutes in silent prayer

Oratio – Prayer

Leader: Let us now turn to the third step of Lectio Divina, called Oratio. In silent prayer, respond to what God has said to you. This may mean words of petition, intercession, thanksgiving, or praise. It may mean a dialogue back and forth. Speak your mind to God with what you are actually thinking and feeling, not what you think God wants to hear.

Spend approximately 3 minutes in silent prayer

Contemplatio – Contemplation

Leader: Finally, in the last step of Lectio Divina, Contemplatio, be attentive to the presence of God and allow him to transform your heart and show you how he sees reality and yourself. You may want to ask yourself, "What conversion of mind, heart, and life is the Lord asking of me?" Or you may simply wish to sit in the silent presence of God who is with us. It may be helpful to repeat a short, simple prayer silently, possibly using a phrase from the passage of Scripture or a simple prayer like, "Jesus Christ, Son of God, have mercy on me, a sinner."

Spend approximately 3 minutes in silent prayer

Leader: As we end this time of Lectio Devina, let us say together:

All: **Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, a world without end, Amen.**

Discussion (or in Latin: disputatio)

At this time, let us split up into smaller groups to discuss some reflections from Pope Francis from *Delixit Nos* along with an observation presented by the website SimplyCatholic.com. Recite each reflection aloud in the group as well as the discussion question. Please volunteer your own thoughts over the the reflection statements. Do not feel constrained to strictly addressing the th question. If you think of anything that will add to the dialogue of the Sacred Heart, please volunteer your discussion topic.

After the group discussions, we will ask a spokesman for each group to summarize their dialogue.

Pope Francis Reflection #1

Pope Francis wrote:

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.

Question:

None of us are “distinguished intellectuals” like Saint John Henry Newman, a Doctor of the Church. With that in mind, using your own “average intellect”, how would you describe the Sacred Heart and how it affects your relationship with Christ?

Reflection #1, Part 2

Pope Francis quotes from a writing of Saint John Henry Newman, “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 heartbeat with Thy Heart.”

Question:

Saint John Newman wrote of his heart-to-heart interaction with Jesus. Describe how your heart feels when you receive the Eucharist. How would you describe the metaphor of the Sacred Heart?

Pope Francis Reflection #2

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.

Question:

Discuss what is so “special” about the heart with respect to the entire body. The “traditional” image of the Sacred Heart is not an attractive picture. It includes holes, a ring of thorns, fire, a cross and rays of blood and water. Without looking anything up online, what does that image mean to you, and how does it affect your relationship with Jesus?

Pope Francis Reflection #3

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.

Question:

In reflecting the statement above, how should we, as mortal human beings, approach our devotion to the Sacred Heart?

Reflection from Bishop Donald Hying on the website SimplyCatholic.com

“Over the centuries, many Christians developed harsh images of God and Jesus as fearsome judges, distant from human affairs, ready to impose punishment for moral failure.” He went on to say that preaching in prior in the 16th and 17th centuries, “overemphasized the wrath of God, the unworthiness of human nature and fear as a fundamental response to the divine.”

Question:

How does the modern devotion to the Sacred Heart alter this perspective?

Closing Lectio Divina

Leader: At this time, we will close our Lectio Divina with additional prayer to the Sacred Heart of Jesus. When you return home, reflect on how today’s gathering made you closer to God – Father, Son and Holy Spirit. Think about how you can continue to pray with Holy Scripture to strengthen the bond between you and our Lord and our God.

The Litany of the Sacred Heart of Jesus

Lord, have mercy	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	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 ^{blessed}	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	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.

R/. Amen.

Act of Reparation to the Sacred Heard

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.

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

All: Amen.

The Divine Praises

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.

Amen

Concluding Prayer

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

Holy God, We Praise Thy Name

Words and music by Ignaz Franz

Translated by Clarence A. Walworth

$\text{♩} = 120$

Ho - ly God, we praise Thy Name;
5 Hark! the loud ce - les - tial hymn;
Lord of all we bow be - fore Thee!
9 an - gel cho-irs a - bove are rai - sing,
All on earth Thy scep - ter claim, all in
14 cher - u - bim and ser - a - phim, in un -
Hea-ven a - bove a - dore Thee; in - fin
18 ceas - ing cho - rus prais-ing; fill the
ite Thy vast do - main, ev - er -
22 heavens with sweet ac - cord: Ho - ly,
last - - ing is hol - - ly, Thy reign.
Ho - - ly, Lord.