



An Act of Consecration to the Sacred Heart

Oh Most Sacred Heart of our Lord, Jesus Christ, on this day in honor of Thy Kingship, I, N.... give and consecrate myself to Thee.

I offer Thee,
my body which I will respect because it is the temple in which Thou dwells;
my soul, which I will cultivate as a garden where Thou mayest come to take Thy rest;
my senses, which I will guard because they are the door which the tempter comes in;
the powers of my soul, which I will open to the inspirations of grace;
my thoughts, which will no longer fasten themselves on worldly illusions;
my desires, which will reach towards the happiness of Heaven;
my virtues, which will flourish under the shadow of Thy protection;
my passions, which I will submit to the yoke of Thy commandments;
my sins which I will detest as long as my heart is capable of hatred and which I will unceasingly weep over as long as I have tears to weep.

From today on my heart wishes to be all Thine, forever, without fault or lukewarmness as Thou, divine Heart, willed to be all mine. I make this offering entirely to Thee so that I may be unwilling to make use of any part of my being, save to honor, love and glorify the Sacred Heart.

This is my unchanging purpose, namely, to be all Thine, and to do all things for the love of Thee, at the same time renewing my baptismal rejection of Satan, and all of his works, and all of his empty promises. I also renounce every spirit of pride, envy, anger, gluttony, lust, greed, and sloth. I renounce all forms of worldliness and conformity to this age. I humbly request that this consecration bring about in me a renewal of mind and heart through the outpouring of Thy Most Holy Spirit. May He who gave me new life at the fountain of salvation, make of me like another incarnation of Christ, a temple of His Love for the Father and for mankind.

I therefore take Thee, O Sacred Heart, to be
the only object of my love,
the guardian of my life,
my assurance of salvation,
the remedy of my weakness and inconstancy,
the atonement for all the faults of my life
and my sure refuge at the hour of death.

O Heart of love, I put all my confidence in Thee. May I obtain from all Thy loving kindness the grace of having my name written in Thee, for in Thee I desire to place all my happiness and all my glory, living and dying in very bondage to Thee.

So that this bondage of love may come to its perfection in the surest, easiest and most ardent way, I entrust myself to the service and protection of the Immaculate Heart of Mary, my Mother and Queen. May Her maternal love reign over me as a guarantee of Thy kingship over my heart, my life, and my eternity.

O My Jesus, King and Center of All Hearts, make my heart like unto Thine!