

# First Saturday Act of Consecration to the Immaculate Heart of Mary

## Act of Consecration

Most Holy Mother of God; we come before you in faith and love.  
At the word of the Angel you conceived in your womb the Saviour of the  
World. In your heart you pondered the great things God has done for you  
and for your people.

Your most Immaculate Heart, free from all sin, welcomed Emmanuel, God  
with us. Flesh of your flesh and bone of your bone, He is the perfect image  
of the Father.

O Immaculate Mother, hear the prayers of your children; for the Church,  
ourselves, our loved ones and the whole world. Like you, may we ponder  
deeply the mystery of God in our lives and with you may our souls glorify  
the Lord. In Jesus' name. **Amen.**

## Litany

<i>Heart of Mary, tabernacle of the Holy Spirit</i>	<i>Pray for us.</i>
<i>Heart of Mary, first and greatest disciple</i>	<i>Pray for us.</i>
<i>Heart of Mary, pierced with the sword of sorrow</i>	<i>Pray for us.</i>
<i>Heart of Mary, comforter of the afflicted</i>	<i>Pray for us.</i>
<i>Heart of Mary, refuge of sinners</i>	<i>Pray for us.</i>
<i>Heart of Mary, way to Christ</i>	<i>Pray for us.</i>

Most Holy Virgin, at Fatima you asked your people to find refuge and safety  
amid the trials and disappointments of life in your Most Immaculate Heart.  
We consecrate and dedicate ourselves to you now, and forever. At the foot  
of the Cross your Son entrusted us to you. Now seated as Queen of Heaven  
you intercede for your people We ask you to help us open our hearts to the  
grace of your Son, so that in life and in death we will be His.

O Mary, conceived without stain of sin, may we turn away from anything  
that would keep us from Him. May we do the Father's will as you did, and  
in turn may the Holy Spirit burn within us. We ask you to hear us and take  
our prayers, joys and sufferings to yourself especially for what I now pray  
..... (pause to call to mind private intentions)

✠ O Mother of the Word Incarnate despise not our petitions  
**R./ but graciously hear and answer them. Amen.**

# First Friday Act of Consecration to the Sacred Heart of Jesus

## Act of Consecration

Lord Jesus, I give and consecrate myself to your Most Sacred Heart. I give  
you my life, my actions, sufferings and joys. May I be united to you in all  
things and in all ways, growing day by day in your grace and love.

I ask You, O most Sacred Heart, to be the object of my love, the guardian of  
my life, my help in temptation, mercy in sin and my assurance of salvation.  
O Heart of Love, I put all my confidence in You. I can do nothing without  
your grace, but hope for all things from Your infinite goodness.

Look with kindness on my family, my friends and the whole world.

Let your pure love imprint Your image so deeply on our hearts,  
that all will come to know you, and none be ever separated from you.  
May my name be written in Your Heart, for I place all my trust in You.

**Amen.**

## Litany

<i>Heart of Jesus, full of goodness and love</i>	<i>have mercy on us.</i>
<i>Heart of Jesus, broken for us</i>	<i>have mercy on us.</i>
<i>Heart of Jesus, source of all consolation</i>	<i>have mercy on us.</i>
<i>Heart of Jesus, our life and resurrection</i>	<i>have mercy on us.</i>
<i>Heart of Jesus, our peace and reconciliation</i>	<i>have mercy on us.</i>
<i>Heart of Jesus, salvation of those who hope in you</i>	<i>have mercy on us.</i>
<i>Heart of Jesus, hope of those who die in You</i>	<i>have mercy on us.</i>
<i>Heart of Jesus, delight of all the saints</i>	<i>have mercy on us.</i>

Almighty God and Father, we glory in the Sacred Heart of Jesus,  
Your beloved Son, as we call to mind the great things his love has done for  
us.

Fill us with the grace that flows in abundance from the Heart of Jesus,  
The source of heaven's gifts.

Who lives and reigns with you in the unity of the Holy Spirit,  
God for ever and ever, Amen

O Most Sacred Heart of Jesus, **I place all my trust in You.**  
O Most Sacred Heart of Jesus, **I place all my trust in You.**  
O Most Sacred Heart of Jesus, **I place all my trust in You.**