



### Act of Reparation to the Sacred Heart of Jesus

Adorable Heart of Jesus, glowing with love for us and inflamed with zeal for our salvation. O Heart that understands the misery to which our sins have brought us, infinitely rich in mercy to heal the wounds of our souls, behold me humbly kneeling before You to express the sorrow that fills my heart for the coldness and indifference with which I have so long returned the numberless benefits which You have bestowed upon me.

With a deep sense of the outrages that have been heaped upon You by my sins and the sins of others, I wish to make reparation to Your most Sacred Majesty. It was our sins that filled Your Heart with bitterness; it was the weight of our guilt that pressed down Your face to the earth in the Garden of Olives and caused you to die in agony on the Cross. But now, repentant and sorrowful, I implore Your forgiveness.

Adorable Heart of Jesus, Source of true consolation and ever merciful to the penitent sinner, impart to our hearts the spirit of penance that we may be sincerely sorry for our sins. Pardon them, O Lord, in Your mercy, and let all who have sinned against You in the Sacrament of Your love be converted and return to You. Deliver us from our sins. And in order to repair the sins of ingratitude by which we have grieved Your most tender and loving Heart, may we love and honor You in the most adorable Sacrament of the Altar, where You are present to hear and grant our petitions and to be the food and life of our souls.

Merciful Jesus, be our Mediator with Your heavenly Father, whom we have so grievously offended. Help us to amend our ways. As Your Sacred Heart is our refuge and our hope when we have sinned, so let it be the strength and support of our repentance, and nothing in life or death shall ever separate us from You. Amen.