

Chaplet of the Sacred Heart

The chaplet of the Sacred Heart is composed of

- a medal of the Sacred Heart,
- and 39 beads: 6 of which are large, and 33 small.

The small beads represent the 33 years of the mortal life of our Lord.

The first 30 recall to mind the years of His private life, and are divided into 5 groups of 6; the 3 on the pendant recall the public life of the Savior.



There are several versions of how to pray the Chaplet.

This version is from rosary-prayers.eu.

Introduction Prayer

Pray the Anima Christi prayer:

Soul of Christ, sanctify me, Body of Christ, save me, Blood of Christ, inebriate me, Water from Christ's side, Wash me, Passion of Christ, Strengthen me, O good Jesus, hear me, Within Thy wounds hide me, Suffer me not to be separated from Thee, From the malicious enemy, defend me In the hour of my death, call me, And bid me come unto Thee, That I may praise Thee with Thy saints and with Thy Angels forever and ever. Amen.

Main Prayer

On the large beads, pray:

Jesus, meek and humble of heart, make my heart like unto Thine.

On the small beads, pray:

Sweet Heart of Jesus, be my love.

At the end of each mystery, pray:

Sweet Heart of Mary, be my salvation

Concluding Prayer

Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.

May the Sacred Heart of Jesus be praised, glorified, loved, and preserved throughout the world now and forever more. Amen.

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This version is a revision of those offered by Fr. John Croiset, S. J. in his classic book, "The Devotion to the Sacred Heart." (Carmelites.net)

Introduction Prayer

On the cross, pray the Anima Christi prayer:

Soul of Christ, sanctify me, Body of Christ, save me, Blood of Christ, inebriate me, Water from Christ's side, Wash me, Passion of Christ, Strengthen me, O good Jesus, hear me, Within Thy wounds hide me, Suffer me not to be separated from Thee, From the malicious enemy, defend me In the hour of my death, call me, And bid me come unto Thee, That I may praise Thee with Thy saints and with Thy Angels forever and ever. Amen.

On the 5 beads on the outside, pray:

1 Our Father, 3 Hail Mary's, 1 Glory Be

Main Prayer

Repeat for each of the 5 mysteries.

On the large bead, pray:

I love you Lord, who suffered agony in the Garden of Gethsemane and who today, in the Blessed Sacrament, is outraged at the impiety and ingratitude of men. Give us your Love, help us to Love you more, you who alone are holy, you who alone are Lord, the Most High, Jesus Christ.

On the 6 small beads, pray:

Lord, I adore your Sacred Heart, inflame in our hearts the Divine Love with which your own is inflamed.

At the end of each mystery, pray:

Lord Jesus, meek and humble of heart, make our hearts like yours.

Concluding Prayer

O Lord, you give your Sacred Heart to humanity in the Mystery of the Altar for the salvation of our souls, may your sacrifice not be made in vain.

Hear our prayers, have mercy on us and forgive our sins.

We desire to honor you in the Blessed Sacrament, (glorify you in our thoughts, words and actions, and thank and praise you always.)

We weep for and detest the impiety and ingratitude of men, call us back to the heart of your Church.

I offer you my heart in reparation for sin. (Remove from it what is displeasing to you, dispose it according to your will, and inspire it with sentiments like yours.)

Draw us near to you Sacred Heart through the Immaculate Heart of Mary, and be our refuge at death, that we may come to praise for all eternity the Divine Love with which your Sacred Heart burns for humanity.

I ask this in the name of the Father, Son and Holy Spirit. Amen.

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

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Five Mysteries of the Sacred Heart Chaplet

You may meditate on these mysteries, or others, while praying the chaplet.

Because the decades are short, it is not recommended that you fix one mystery per decade.

Instead, dwell on a mystery for as long as it is helpful, move on to a different mystery if you feel drawn to.

1. The Entry into Jerusalem in which our Savior, meek and humble of heart and riding on a donkey, entered triumphantly into the City of David and his people sang Hosanna.

2. The Agony in the Garden of Gethsemane in which Christ suffered affliction out of love for sinful and disobedient humanity and asked his disciples to remain, pray and keep vigil with him.

3. The Road to Emmaus in which Christ accompanied his disciples and interpreted the scriptures for them. Their hearts burned within them, and he revealed himself in the breaking of the bread.

4. The Blessed Sacrament, which is given to humanity through the Mystery of the Alter, reposed in the tabernacle, and exposed for Eucharistic Adoration, within which God is really, truly and substantially present.

5. The Image of the Sacred heart, which represents Christ's Sacred Humanity, the interior life of his soul, and his affection of merciful love for humanity.

