



## Growing Faith-Filled Kids: Feast of the Sacred Heart of Jesus

### Fun Facts:

- A time to celebrate the deep and personal love Jesus has for each of us.
- Pope Pius XI elevated this feast to the same rank as Christmas (Catholic Customs & Traditions, 1992).
- This tradition became widespread because of a series of visions of the Sacred Heart to Saint Margaret Mary Alacoque, a French nun.

### Celebrate!

- Teach your children this easy prayer, *"Most Sacred Heart of Jesus, I put my trust in you."*
- If you don't have an image of Jesus in your home yet, the Feast of the Sacred Heart would be an ideal time to choose an image of Jesus your family likes, and find a special place for it in your home.
- Another fun way to celebrate this feast is to make heart cookies.  
<http://catholiccuisine.blogspot.com/> is a great site for finding recipe ideas for celebrating the feasts & seasons of the church year.
- St. Margaret Mary Alacoque reported that Jesus appeared to her and made these twelve promises to all who honor an image of His Sacred Heart.

- 1. I will give them all the graces necessary for their state in life.**
- 2. I will establish peace in their families.**
- 3. I will comfort them in their trials.**
- 4. I will be their secure refuge during life, and, above all, in death.**
- 5. I will shed abundant blessings on all their undertakings**
- 6. Sinners will find in My Heart an infinite ocean of mercy.**
- 7. Lukewarm souls will become fervent.**
- 8. Fervent souls will rapidly grow in holiness and perfection.**
- 9. I will bless every place where an image of My Heart shall be exposed and honored.**
- 10. I will give to priests the gift of touching the most hardened hearts.**
- 11. The names of those who promote this devotion will be written in My Heart, never to be blotted out.**
- 12. I promise thee, in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment.**

## Links:

- Catholic Inspired has a great paper plate craft for younger children. Here is the website to check out- <http://www.catholicinspired.com/2013/05/devotion-to-sacred-and-immaculate.html>
- Here is a link to some wonderful coloring pages for little ones:  
<http://www.supercoloring.com/pages/sacred-heart/>
- For teenagers, here is a link to an article by LIFETEEN on the Sacred Heart of Jesus.  
<http://lifeteen.com/falling-in-love-with-the-sacred-heart-of-jesus/>