



Morning Prayers - Summer Week 8



Theme: Prayers for the Sacred Heart of Jesus

Dates of Interest -

1st to 30th June – Pride Month ([info](#))

7th June – Feast of Corpus Christi ([info](#))

7th June – World Food Safety Day ([info](#))

8th to 14th June – Bike Week ([info](#))

8th to 14th June – Carers Week ([info](#))

8th to 14th June – Diabetes Awareness Week ([info](#))

8th to 14th June – Men's Health Week ([info](#))

8th June – World Oceans Day ([info](#))

9th June – St Ephrem ([info](#))

9th June – St Columba ([info](#))

11th June – St Barnabas ([info](#))

12th June – Sacred Heart of Jesus ([info](#))

11th June – International Day of Play ([info](#))

12th June – World Day Against Child Labour ([info](#))

13th June – Immaculate Heart of Mary ([info](#))

14th June – 11th Sunday of Ordinary Time ([info](#))

14th June – World Blood Donor Day ([info](#))



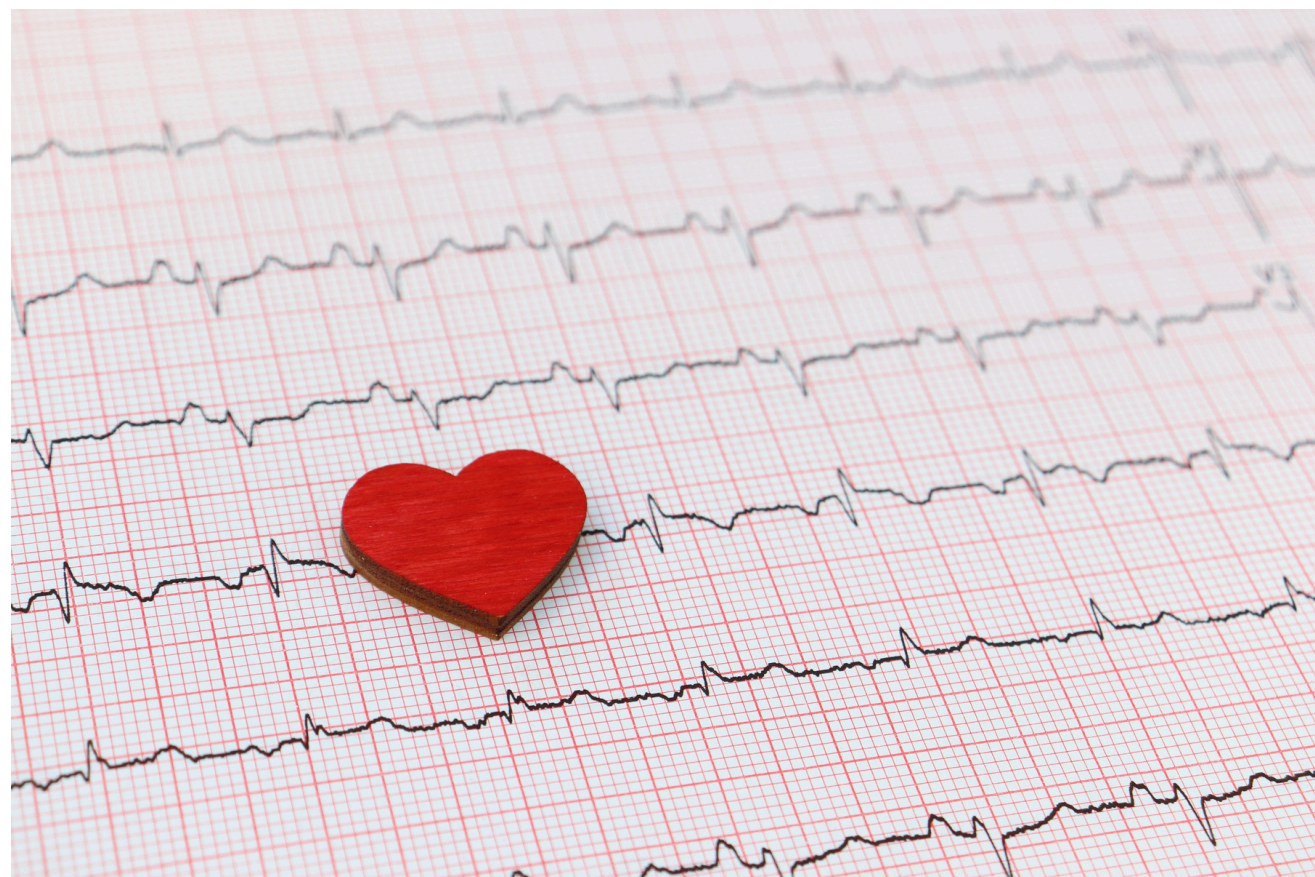
Summer 2026 - Week 8



MONDAY

Question for the Day

How does my heart feel today?



Quote for Day 1

“Delight yourself in the Lord, and he will give you the desires of your heart.” **Psalm 37:4**

Prayer

O most holy heart of Jesus, fountain of every blessing,
I adore You, I love You, and with sorrow for my sins
I offer You this poor heart of mine.

Make me humble, patient, pure
and wholly obedient to Your will.

Grant, good Jesus, that I may live in You and for You.
Protect me in the midst of danger.

Comfort me in my afflictions.

Your blessing on all that I do,
and the grace of a holy death.

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

Amen



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TUESDAY



Question for the Day

How can I open my heart to Jesus?



Bible Quote

“Create in me a clean heart, O God, and renew a right spirit within me.” **Psalm 51:10**

Prayer

Sacred Heart of Jesus,
my day is busy and my mind is racing.
Right now, I hand You my stress,
my worries, and my doubts.
Fill my heart with Your deep peace
and give me the strength
to handle whatever comes next.
I trust You with my whole day.

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



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WEDNESDAY

Question for the Day

What can we do to create helpful and loving hearts?



Prayer

Sacred Heart of Jesus,
teach me to love others the way You do.
Help me to be a loyal friend,
to speak with kindness,
and to stand up for what is right.
When I am faced with tough choices,
guide my heart to make the right decisions.
Sacred Heart of Jesus,
I place all my trust in You. Amen

Bible Quote

“Keep your heart with all vigilance, for from it flow the springs of life.” **Proverbs 4:23**



Summer 2026 - Week 8



THURSDAY

Question for the Day

Why does Jesus love us so much?



Bible Quote

“And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.” **Ezekiel 36:26**

Prayer

Most Sacred Heart of Jesus, I come to You just as I am.

You know my worries, my hopes,
my fears, and my dreams.

When I feel stressed or overwhelmed, be my refuge.

When I am confused about the future, be my guide.

Help me to be kind to others, patient in my struggles,
and strong when faced with tough choices.

Take all my anxieties, my mistakes,
and my heart, and make them Your own.

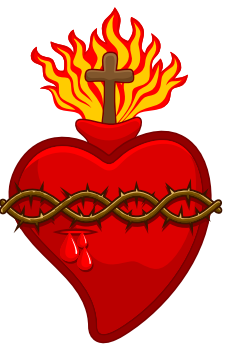
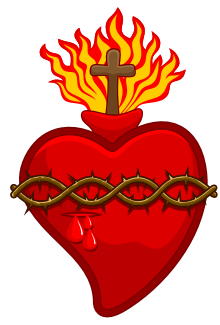
Fill me with Your peace and teach me how

to love You and those around me a little better every day.

Sacred Heart of Jesus, I place all my trust in You. Amen.

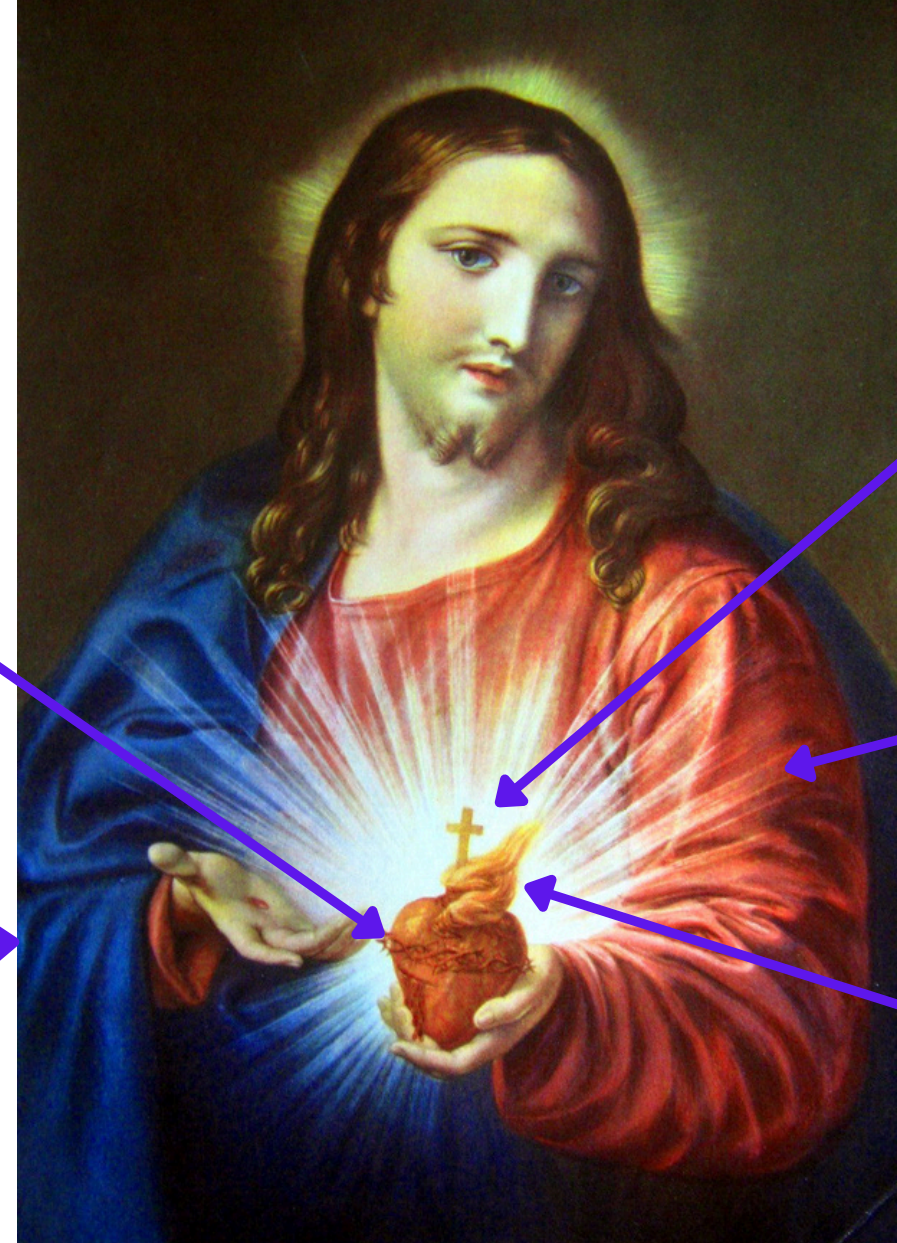
FRIDAY - Art to Think and Pray:

Reflect on the different parts of the Sacred Heart of Jesus



Surrounded with a crown of thorns, signifying the punctures made in it by our sins

Blue mantle (the colour of heaven and of the divine)



A cross above signifying the Sacrificial love.

Red tunic (the colour of blood, of martyrdom and humanity)

Divine heart presented in a throne of flames, brighter than a sun, transparent as crystal, with this adorable wound

Pompeo Batonii -
1760 painted the above image
In 1673. St Margaret Mary Alacoque
describes His Sacred Heart with the
annotated words.

Sacred Heart of Jesus I PLACE ALL MY TRUST IN YOU



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The Pope Video



For the
values of
sports



Watch on  YouTube