

CONTENTS

THE TWELVE PROMISES OF THE SACRED HEART OF JESUS IX

INTRODUCTION XI

- 1. ALLOW GRACE TO FILL YOUR LIFE 1**
- 2. WELCOME CHRIST'S PEACE IN YOUR HOME 11**
- 3. OFFER YOUR STRUGGLES TO JESUS 21**
- 4. TAKE REFUGE IN JESUS 29**
- 5. RECOGNIZE JESUS' BLESSING AND GUIDANCE 39**
- 6. ACCEPT JESUS' MERCY AND SHOW MERCY TO OTHERS 47**
- 7. PRAY TO BE SET ON FIRE WITH THE LOVE OF CHRIST 55**
- 8. SEEK CHRIST'S PERFECTION BY PRAYING AND FASTING 65**
- 9. DEDICATE YOUR HOME (AND SCHOOL AND WORKPLACE) TO JESUS 75**
- 10. CONFESS YOUR SINS AND ASK JESUS TO SOFTEN YOUR HEART 87**
- 11. SHARE THE SACRED HEART DEVOTION WITH OTHERS 99**
- 12. TURN TO THE EUCHARIST FOR STRENGTH AND SPIRITUAL FOOD 107**

ACKNOWLEDGMENTS 117

APPENDIX 1: A BRIEF HISTORY OF THE SACRED HEART IN THE CHURCH 119

APPENDIX 2: THE LITANY OF THE SACRED HEART 129

NOTES 135