

THE LITTLE OFFICE OF THE MOST SACRED HEART OF JESUS

This is a form of the version most commonly found in devotionals of the last century. Those who have a special devotion to the Sacred Heart might pray it every day. It is here recommended in general for use on the Feast of the Sacred Heart of Jesus and throughout its traditional Octave; on the Fridays and perhaps the Sundays of June (the month of the Sacred Heart); on First Fridays throughout the year; and on days when a Votive Mass of the Sacred Heart is celebrated. The Office of Matins could be anticipated to the afternoon of the previous day. This Little Office (unlike some) includes both the Hour of Lauds and the Hour of Prime. Prime is appointed to be prayed at six o'clock in the morning and Lauds should precede it but should be ideally prayed at sunrise if these precedes six o'clock: it is the hour of sunrise. It is recommended that each *hora* be begun no later than one hour of its appointed time.

MATINS: Midnight

∇. Thou shalt ✠ open my lips, O Lord.
℞ And my mouth shall show forth Thy praise.

∇. O God, ✠ come to my assistance.
℞ O Lord, make haste to help me.

∇. Glory be to the Father and to the Son and
to the Holy Ghost,
℞ As it was in the beginning, is now and ever shall be,
world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.
From Septuagesima Sunday until Easter:
Praise be to Thee, O Lord, King of everlasting glory.

∇. Heart of Jesus, inflamed with love for us,
℞ In flame our hearts with love for Thee.

Hymn

Thou, joy of all the courts of Heaven,
Thou, splendour of the Father's face,
In mercy, didst our flesh embrace,
To be for us a victim given.

Our hearts' delight, O Jesu, bless
My heart with fires that purify,
Lest it should praise unworthily,
Thy heart, the throne of holiness.

Sweet, lovable, beyond compare,
O Heart which love hast set on fire,
Which languishes with love's desire,
Thy misery show me; hear my prayer.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

Antiphon. O Sacred Heart of Jesus, most obedient to Thy Father's will, turn our hearts to Thyself that we may ever do those things which are pleasing to Thee.

✠ My heart is ready, O God of my heart, to do Thy will.

✠ My God, I have willed it, that Thy law be ever
in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

LAUDS:

Precedes Prime, and at Sunrise when possible

∇ O God, ✠ come to my assistance.

℞ O Lord, make haste to help me.

∇ Glory be to the Father and to the Son and
to the Holy Ghost,

℞ As it was in the beginning, is now and ever shall be,
world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.

From Septuagesima Sunday until Easter:

Praise be to Thee, O Lord, King of everlasting glory.

∇ Heart of Jesus, inflamed with love for us,

℞ In flame our hearts with love for Thee.

Hymn

O Heart, the Godhead's worthy throne,
Thee did the Spirit's power create,
In Mary's womb, immaculate,—
The Virgin Mother's holy One.

Praised is through Thee the Trinity;
Thou art the Father's bless; the Son
Hath knit Thee with Himself in one;
And rests the Holy Ghost in Thee.

In Thee, the wrecked world safety finds,
And faithful souls their peace secure,
A cloister too, where chaste and pure
Serenity rests their hearts and minds.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

Antiphon. O Sacred Heart of Jesus, thirsting for our salvation, recall us faithful wanderers to a right mind, that we may not die in our sins.

✠ My heart is ready, O God of my heart, to do Thy will.

✠ My God, I have willed it, that Thy law be ever in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

PRIME: 6.00 a.m.

✠ O God, ✠ come to my assistance.

✠ O Lord, make haste to help me.

✠ Glory be to the Father and to the Son and to the Holy Ghost,

✠ As it was in the beginning, is now and ever shall be, world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.

From Septuagesima Sunday until Easter:

Praise be to Thee, O Lord, King of everlasting glory.

✠ Heart of Jesus, inflamed with love for us,

✠ In flame our hearts with love for Thee.

Hymn

Heart, Victim of eternal love,
Undying bliss of all the blest,
Of mortal men, the strength and rest,
Their one, their highest hope above.

When, with deep wound, love pierced Thy side,
It welcomed us, and in the gate
It cried: "Come quickly, do not wait;
Behold the way, how fair and wide!"

Since Thou hast washed us in that tide
Of blood which gushed from every pore,
Gather and keep us evermore
Deep in the shelter of Thy side.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

Antiphon. O Sacred Heart of Jesus, most perfect pattern of purity, make us to be clean of heart, that we may be worthy to be found like unto Thee.

✠. My heart is ready, O God of my heart, to do Thy will.
✠. My God, I have willed it, that Thy law be ever
in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

TERCE: 9.00 a.m.

✠. O God, ✠ come to my assistance.

✠. O Lord, make haste to help me.

✠. Glory be to the Father and to the Son and
to the Holy Ghost,

✠. As it was in the beginning, is now and ever shall be,
world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.

From Septuagesima Sunday until Easter:

Praise be to Thee, O Lord, King of everlasting glory.

✠ Heart of Jesus, inflamed with love for us,

✠ In flame our hearts with love for Thee.

Hymn

May that same love, O stricken breast,
Now wound our hearts, which wounded Thine;
And fill us with love's sacred wine,
Life-giving nectar of the blest!

In faith's new mystery to our hearts,
God gives His flesh to be their food,
And the full chalice of His Blood,
In His own feast of love, imparts.

He Whom all Heaven with blissful dread
Adores, now shrouds His Majesty
With mystic veil, that He may be,
To little lambs, their daily bread.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

Antiphon. O Sacred Heart of Jesus, most meek with all Thine enemies, may Thy peace so reign in us, that, from our hearts, we may forgive those who persecute and perfect pattern of purity, make us to be clean of heart, that we may be worthy to be found like unto Thee.

✠ My heart is ready, O God of my heart, to do Thy will.

✠ My God, I have willed it, that Thy law be ever
in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

SEXT: Noon

✠ O God, ✠ come to my assistance.

✠ O Lord, make haste to help me.

✠ Glory be to the Father and to the Son and
to the Holy Ghost,

✠ As it was in the beginning, is now and ever shall be,
world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.

From Septuagesima Sunday until Easter:

Praise be to Thee, O Lord, King of everlasting glory.

✠ Heart of Jesus, inflamed with love for us,

✠ In flame our hearts with love for Thee.

Hymn

God will our choicest sacrifices* slight,
O Heart, unless they rest on Thee,
Whose Altar wide all earth and sea
Embracing, towers o'er Heaven's height.

Here reign enthroned the virtues all,
Whose bright array, with faithful care,
Must needs watch innocence† so fair,
Lest left alone, she surely fall.

In this Heart's depths, that law of right
Moves, which should rule earth's destiny;
And thence, for our felicity,
Grace pours its streams of love and light.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

[In the original, the noun used is “victims”.
It has been changed here for the purpose of clarification.]

Antiphon. O Sacred Heart of Jesus, broken with sorrow for our sins, bestow on us a humble and contrite heart, that we may bring forth fruits worthy of penance.

✠ My heart is ready, O God of my heart, to do Thy will.
✠ My God, I have willed it, that Thy law be ever
in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

NONE: 3.00 p.m.

✠ O God, ✠ come to my assistance.
✠ O Lord, make haste to help me.

✠ Glory be to the Father and to the Son and
to the Holy Ghost,
✠ As it was in the beginning, is now and ever shall be,
world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.

From Septuagesima Sunday until Easter:

Praise be to Thee, O Lord, King of everlasting glory.

✠ Heart of Jesus, inflamed with love for us,
✠ Inflame our hearts with love for Thee.

Hymn

O Heart, the sun's pure ray near Thine,
Is dark: Heaven shrinks near Thine abode;
Thou sum of all the works of God,
Of His eternal Word the Shrine.

Thine acts, O Heart, encompass all
The offerings worthy of the Sire;
Nor is there any least desire
Not Thine, on which His blessings fall.

Our sins the wrath of God provoke;
He lifts the thunderbolt, yet sees
Thy throbbings, gentle Heart, and these
Stay and recall His vengeful stroke.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

Antiphon. O Sacred Heart of Jesus, to Which poverty was most dear, place us as a seal upon Thyself, that in Thee, as in our only treasure, our hearts may ever holy be.

✠ My heart is ready, O God of my heart, to do Thy will.

✠ My God, I have willed it, that Thy law be ever
in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

VESPERS: 6.00 p.m.

∇ O God, ✠ come to my assistance.

℞ O Lord, make haste to help me.

∇ Glory be to the Father and to the Son and
to the Holy Ghost,

℞ As it was in the beginning, is now and ever shall be,
world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.

From Septuagesima Sunday until Easter:

Praise be to Thee, O Lord, King of everlasting glory.

∇ Heart of Jesus, inflamed with love for us,

℞ In flame our hearts with love for Thee.

Hymn

Equal to God's dread sanctity,
O Victim Heart, Thine Altar bears
Always—regarding not the years—
Atonement for iniquity.

Filling with plaintive note Thy nest,
She* feeds, who is Thy mystic dove,
Among Thy flowers on bread of love—
Thy spouse, O Heart of God, at rest.

Here breathes that stainless lily's breath,
Which decks the virgin's crown so rare,
And here the rose without compare
Grows red to grace the martyr's death.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

[*“She” is a reference to the Church here. She is the mystical spouse of God.
The Church feeds on the Eucharistic Bread of Christ in the next line.]

Antiphon. O Sacred Heart of Jesus, full of lovingkindness for those who love Thee, may our flesh and our souls be dissolved in Thee, that Thou mayest be the love of our hearts and our portion forever.

∇ My heart is ready, O God of my heart, to do Thy will.

℞ My God, I have willed it, that Thy law be ever in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

COMPLINE: 9.00 p.m.

∇ O God, ✠ come to my assistance.

℞ O Lord, make haste to help me.

∇ Glory be to the Father and to the Son and to the Holy Ghost,

℞ As it was in the beginning, is now and ever shall be, world without end. Amen.

From Easter Sunday until Septuagesima Sunday: Alleluia.

From Septuagesima Sunday until Easter:

Praise be to Thee, O Lord, King of everlasting glory.

∇ Heart of Jesus, inflamed with love for us,

℞ In flame our hearts with love for Thee.

Hymn

On fire with love's sweet violence,
The mother's* heart pants ceaselessly
All for her Son's—His own to be
In mystice self-indifference.

The bonds of love which naught can part,
The mother's heart with His unite;
His fires of love do hers unite,
And hers re-enter straight His Heart.

Sweeter art Thou than honey stored;
O Sacred Heart, to Thee are dear
Pure minds, to Thee pure minds draw near.
Be Thou by every heart adored. Amen.

[*Our Lady's heart pants ceaselessly for that of her Son, Jesus.]

Antiphon. O Victim of charity, most loving Heart of Jesus, immolated for our sins, neglected and outraged by ungrateful men, change us, quicken us, and set us on fire.

✠ My heart is ready, O God of my heart, to do Thy will.
✠ My God, I have willed it, that Thy law be ever
in the midst of my heart.

Let us pray.

O Lord Jesus, Who hast deigned to open the unutterable delights and riches of Thy Heart to Thy bride, the Church: grant to us, Thy servants, that we may merit to be enriched and refreshed by Thy Heavenly graces, springing from this sweetest of fountains. Thou Who livest and reignest for ever and ever, world without end. Amen.

One might end the Office with the threefold petition, "Most Sacred Heart of Jesus, have mercy on us"; the threefold petition, "Our Lady of the Sacred Heart, pray for us"; &c.