

Prayers in honour of The Sacred Heart of Jesus

What you will need

- A computer, an iPad or Android Device
- Access to the internet
- If praying these prayers with a group you might also need a Data Projector.

Format

- The Prayers will be available daily from the above dates on the Sisters of St Joseph website via this link: <https://www.sosj.org.au/resources/general-resources/sacred-heart-reflection/>
- The Prayers are available in a PDF Document
- The prayer for each day consists of two pages.
- When you open the document scroll down to reach the 2nd page.

Time

- The time you give to each day of these prayers is determined by you as you give time for reflection.
- Choose a time of day that is best suited to the demands of your life
- Turn off your mobile phone
- Try to eliminate other possible distractions
- Take time to quieten and settle yourself.

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Quote References

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