

Sacred, Immaculate, Chaste Hearts

Acts of consecration are expressions of devotion

St. Louis-Marie Grignion de Montfort, a French priest known for his devotion to the Blessed Virgin Mary, inspires the faithful to commit to an act of consecration as an expression of devotion and commitment in our spiritual life. Consecration involves dedicating one's life, thoughts, actions, and intentions to these holy hearts, thus seeking their guidance, protection, and grace.

Consecrating oneself to the Sacred Heart of Jesus is a devotion that involves entrusting oneself to the love and mercy of Jesus Christ. The faithful recognize his Sacred Heart as the source of grace, forgiveness, and healing. A renowned book for consecration is "Preparation for Total Consecration According to St. Louis de Montfort" by Father Hugh Gillespie. It follows a 33-day preparation period, leading to a formal consecration on a feast day of the Sacred Heart or a Marian feast day.

The consecration to the Immaculate Heart of Mary, is a devotion centered on consecrating one's life to Mary's Immaculate Heart. This seeks her maternal care, intercession, and guidance in all aspects of life. A suggested book is "33 Days to Morning

Glory" by Father Michael E. Gaitley. This guides the faithful through a 33-day preparation for consecration to Mary and focuses on the perspective of four saints: St. Louis de Montfort, St. Maximilian Kolbe, St. Mother Teresa of Calcutta, and St. John Paul II.

Consecration to the Chaste Heart of St. Joseph is a devotion that emphasizes entrusting oneself to the protection, guidance, and intercession of St. Joseph. In doing so, it recognizes his role as the guardian of the Holy Family and patron of the universal Church. A recent publication, "Consecration to St. Joseph: The Wonders of Our Spiritual Father" by Father Donald H. Callo-way is a guide that immerses into the life and virtues of St. Joseph, offering insights and prayers for a meaningful consecration to his Chaste Heart.

As a sign of continuous devotion, St. Louis de Montfort encourages the faithful to renew yearly their consecration. This is an ongoing journey of faith and devotion that involves daily prayers, reflections on Scripture, participation in the sacraments, and acts of charity. Through consecration, the faithful to draw strength, grace, and blessings from their loving hearts. □

TO LEARN MORE, VISIT:

- EWTN- St. Louis de Montfort: <https://www.ewtn.com/catholicism/saints/louis-de-montfort-671>
- EWTN- Prayer Act of Consecration: <https://www.ewtn.com/catholicism/devotions/act-of-consecration-to-the-sacred-heart-12727>
- Fish eaters- consecration: <https://www.fisheaters.com/totalconsecrationmontfort.html>
- <https://www.catholiccompany.com/how-to-make-your-st-louis-de-montforts-total-consecration-to-jesus-through-mary/>

Learning from the Holy Family

A family can imitate and learn from the Holy Family by prioritizing faith, love, and mutual support within their household. Just as Jesus, Mary and Joseph lived in harmony and devotion to God, modern families can emulate these virtues to strengthen their bonds and grow spiritually.

Firstly, fostering a strong prayer life as a family is essential. Family members can learn from the Holy Family's dedication to God by integrating prayer into daily life.

Secondly, nurturing a spirit of love, sacrifice, and forgiveness mirrors the Holy Family's relationships. Showing compassion, understanding, and selflessness towards one another creates a supportive and loving environment.

Thirdly, placing emphasis on virtues such as humility, obedience, and responsibility helps in modeling the Holy Family's example. Parents can lead by example, teaching children the importance of these virtues through their actions and guidance.

By studying and imitating the Holy Family's virtues and way of life, we can strengthen spiritual connection, grow in love and faith, and create a home filled with God's grace and blessings.

Holy Family of Jesus, Mary and Joseph, pray for us!

Source: Catholic Answers

Make Your Own Hearts

DIY series

To foster a devotion to the Hearts of the Holy Family, make some hearts at home. Be creative. Use scrapbook paper, cardboard, and printouts. You can also paint the hearts on a canvas.

Use the QR code to visit our website and get some images of hearts you can use for reference. Share your creations on social media by using the hashtag #CatholicRGV or #3Hearts



Materials:

- Three hearts (made from construction paper, paper plates, fabric, metal, etc.)
- Images of the following:

Three flames, crown of thorns, small cross, roses and lilies, seven swords (optional)

- Mod podge or glue
- Paint

