



*O Wisdom of the Sacred Head, guide us in all our ways.
O Love of the Sacred Heart, consume us with Thy fire.*

Prayer of Teresa Higginson to the Sacred Head of Jesus

My Lord and my God, humbly prostrate before Thee, I adore Thy Sacred Head as the seat of Divine Wisdom, the Shrine of the Powers of Thy most Holy Soul and Intellectual Faculties, and the centre of five Senses of Thine adorable Body.

When I gaze into the depths of this fathomless abyss of Goodness, Power, and Wisdom, which has contrived and instituted such unheard of ways and means of proving Thine infinite Love, and lavishing Thy choicest gifts upon me, Thy poor child, I am lost in astonishment and admiration.

O Light of lights, in whose glorious rays I see fresh mines of wealth in the Sacred Heart; O Son of Justice, in whose intense heat I feel the burning Love that consumes the Sacred Heart.

O Will, which was always in meek subjection to Thy Heavenly Father's, control me in all things, as Thou didst govern all the affections and motions of the Sacred Heart of the God made man.

O Understanding, which knows all things, ever guide me with Thy Light.

O Memory, in which past, present, and future are at once reflected, which is ever mind-

ful of me, and always seems studying some new means of giving fresh favours, force me to love Thee more and more.

Oh! by the bright and shining light of Thine Eyes, teach me to see Thee in all things; and by Thine Ears, which are ever open to the prayers of the needy, grant that I may ever hear the voice of Thy Church, and listen to Thy holy inspirations. Oh! give me always a love and a relish for what is right and just. Let me taste how sweet Thou art. Let me be drawn from the odour of Thy Virtues, and feel for ever the intense joy of seeing, loving, praising, blessing and glorifying Thee for all eternity.

O Flood of Light! Mine of Wealth! Ocean of Goodness! Sea of Mercy! Fountain of Living Waters! Fire of Love! Source of all Good! to Thee I consecrate myself with all that I am or have. O Sacred Head, Seat of Divine Wisdom, Tabernacle of God with man; in Thee I behold at once a celestial and terrestrial Paradise, a new Heaven and a new earth: the new Jerusalem coming down from God, out of Heaven, prepared and adorned as a bride, glowing with light and glory, in whose sparkling crystals I behold all the attributes of the Godhead reflected as in a sea of glass. O Rainbow of Peace! O Burning Bush! O Peerless Pearl! Storehouse of the Treasures of God! O Lamp ever burning

Brightness unfading! Sun forever shining! O Tree of Life! Life and Light of those who are Thine! O Seal of the Elect.

O Wisdom without beginning or end! Boundless knowledge! Love so great that we cannot understand it! To Thee I raise my prayer of love, reparation and thanksgiving, from the centre of the Sacred Heart where I safely hide; and beg of Thee to accept, O my Jesus, all the treasures of this infinite mystery of love and riches, in atonement for my coldness, misery and poverty. O Jesus, my beloved Jesus, I love Thee far more than I can tell; Jesus, my Spouse and my treasure, I grieve that Thou art so little known and so much offended; Jesus, my Life and my Light, may all minds know Thee, all hearts love Thee, and all tongues praise Thee, now and for evermore, Amen.

Jesus! Jesus! Jesus! O Seat of Divine Wisdom, have mercy on me. O Sacred Head and loving Heart, guide me with Thy Light, and consume me with Thy fire. Amen.

With ecclesiastical approbation.