



brought to you by
mike and alicia hernon
of the messy family project®

JOIN THE PLAY AND PRAY CHALLENGE!

What is the Play and Pray Challenge?

The Play and Pray Challenge is a way for us to promote the *Lordship of Jesus Christ* to every home in a fun, interactive way. We have learned that if you are going to PRAY with your family, you need to PLAY with them!

This June, we are challenging you to do three things:

1. Plan and go on a **DATE NIGHT**. Spouses need to take time to rekindle their friendship and the love between them.
2. Organize and execute a fantastic **FAMILY DAY**. Parents are challenged to bring the family together to have fun while making memories on this one day dedicated to each other.
3. Proclaim Jesus Christ as the **KING OF THE HOME**. Jesus loves families and He wants their love in return! Place an image of the Sacred Heart in your house and “enthroned” Him as King sometime during this month. If you’ve already done this, renew your enthronement. We’ve included a [free download of an image](#) you can print and use.

Spread the Joy!

This download includes activity ideas for you and prayers to the Sacred Heart. Post pictures of your family doing the family day, date night, and your image of the Sacred Heart on Facebook or Instagram, add **#PLAYANDPRAYCHALLENGE** and spread the word. Together we can all spread the kingdom of Jesus Christ into every home!



WWW.MESSYFAMILYPROJECT.ORG



#playandpraychallenge

DATE NIGHT

One of the greatest dates we ever went on was partly planned and partly spontaneous. We decided to check out a Facebook event in Pittsburgh called “Dancing in the Streets.” It was held on a plaza surrounded by restaurants on a beautiful summer evening. When we got there, we were hesitant to dance out there with all these strangers, but I eventually told myself, “There’s no one here that knows me—why not?” So Mike and I joined the few couples that were out there dancing to some oldies. Then, the music changed to the Cha-Cha Slide and things got super fun! I was out there dancing with humanity! Business people, women out with their girlfriends, street vendors, college students...it was a blast. Mike was having a blast too just watching it! He stood on the sidelines watching and taking videos that captured our memories of that night. After enjoying the experience, we wandered around looking for a place to eat, but we couldn’t find one that served gluten-free food (Mike has allergies). We then discovered a hotel where they had a live jazz band playing in the lobby and a full bar with appetizers. We settled in there, got some food, and enjoyed the music and one another’s company. On the drive home, we stopped at a park along the way, sat on a bench, and made out for a while (this was a date night after all!).

We are sharing this story to encourage you to think outside the box for your date. Dates can be wildly different for different couples, but here are a few key elements to consider when planning a date:

- **Find something you both enjoy.** For instance, Mike likes to dance, but I **really** like it. On our dancing date, he found he enjoyed just watching me dance, so it was a win/win!
- **Emphasize togetherness and joy** over romance. We didn’t need to be romantic, per se. We just needed to be with each other and experience joy. Walking the city streets together hand in hand turned out to be pretty romantic even though we didn’t expect it to be!
- **Incorporate some type of “experience”:** That doesn’t need to cost money. (Money helps, but it’s not essential.) Find something that you can do “shoulder to shoulder” where you are not looking at each other, but you are both looking at something else, experiencing it together. *This type of common experience bonds you.*
- **Be free to be flexible.** The restaurant we chose didn’t work for Mike, so we left to find something we could both enjoy.
- **Try something new.** These new experiences that you share create a “thread” between you and the more “threads” there are, the more you are connected with your spouse.

Whenever we ask older married couples for one piece of advice that they would give to newlyweds, again and again we hear, **“Have a regular date night.”** It is essential to take this time to revive and refresh your relationship—not just to talk, but to bond and remember why you are friends and lovers. There are so many responsibilities that parents carry on their backs. Remembering that our spouse is carrying them with us and that they are cheering for us lightens the load.

It is essential to take this time to revive and refresh your relationship—not just to talk, but to bond and remember why you are friends and lovers.

We have included a list of suggested date nights below and we hope this helps get you started. We are sure you can think of your own favorite things to do, but sometimes it’s good to mix it up! You may want to have one spouse plan the date night to make it extra special, or maybe you should sit down and plan it together. Every couple has their own “personality,” so although we have the suggestions below, we recognize that they won’t work for everyone. **Do what works for you. Just make sure you are having an experience that gives you joy and brings you closer together.**

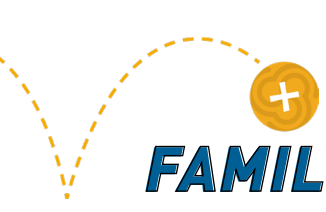


Date Night Ideas

FREE	• Take a walk or a hike • Learn to dance at home using online instructional videos • Play board games. List of favorites here • Do a scavenger hunt by using a list like this • Find a scenic byway and take a drive • Go to a park or visit a scenic point • Play Truth or Dare • Print these Speed Dating questions and do them together • Have a campfire	• Play "What are the Odds?" • Do a bike ride together • Do karaoke at home using YouTube • Go to the library and pick out books for each other • Sit outside and watch the stars • Browse your local downtown • Read books in bed: try each picking a book off your bookshelf you haven't read and read it aloud
CHEAP \$5-\$10	• Visit a karaoke bar • Go to a thrift store and buy something for each other under \$10 • Find a cute coffee shop • Buy ice cream cones • Go swimming at a beach or pool • Go camping at a state park • Go on a picnic • Visit a farmer's market • Go to a square dance or contra dance • Make popcorn at home and rent a movie.	• Take a day retreat together. Some places don't charge if you bring your own meals and don't stay the night • Browse local flea markets or garage sales • Go to the grocery store and buy each other a treat for \$5 or less. • Go to a lecture on a subject you are both interested in. • Go to an art festival • Get up early and go out for morning Mass and breakfast (it's usually cheaper than other meals).
MODERATE \$15-\$40	• Bowling • Go to an ethnic food store and try preparing some new foods • Visit a museum or zoo without the kids • Mini-golf • Laser Tag • Painting class • Race go-carts • Go to an arcade and throw some balls: maybe you'll even win a stuffed animal! • Go ice skating or roller skating	• Go to a science center • Go to a shooting range • Go horseback riding • Take dance lessons • Use these cards to have a "get to know you" night • Do an Escape Room • Go to a community, high school or college theatrical production.

VARIABLE

- Go to a concert
- Do some shopping together for clothes or home furnishings.
- Have a holy hour together (can combine this with any other activity!)
- Go antiquing
- Make a scrapbook by going through old photos together.
- Visit a new restaurant and order only appetizers.
- Go to a plant nursery.
- Do a DIY project together like painting a room or refinishing furniture.
- Do a wine tasting of your own
- Make some new food together using recipes in this website or with this book: [Date Night In](#)
- Participate in each other's hobby as a date: maybe share a trip to an auto or fabric store. Next time, swap hobbies.
- Go to a historical re-enactment. Some have costumes you can rent for the day.
- Fun photo shoot! Try for cool, elegant, costume, silly, romantic.
- Redecorate your bedroom together.
- Visit a local historical attraction or tourist trap you've never been to.
- Visit a winery, craft brewery, or local independent eatery.



FAMILY FUN DAY

*A few years ago our family went on a trip that we grimly recall as “The Vacation from Hell.” We decided to take our eight kids, aged 2-15 yrs, camping. We drove nine hours to Lake George in NY, one of the most beautiful vacation towns in the US with a clear blue lake and moderate temperatures with low humidity. But of course, that was not **our** experience. The week we were there had an average temperature of 95 degrees and, worse, the humidity was 70%. It was HOT! We had never taken the whole family tent camping before, so I unknowingly reserved a campsite with no electricity. That meant we had no fans. Also, all the plans we had to save money and cook around the campfire were shot because no one wanted to even think about raising the temperature, so we wound up going out to eat and spending much more money than we had planned. Then, after being at the lake for two days, the A/C on our Suburban went out. We loaded all the kids in the car and drove to a garage, only to be told that it would take them four hours to fix it. So we waited the entire day, only to find out that it could not be fixed.*

The morning we planned to go home, I opened my eyes to the singing of birds at 5:30 AM and said to Mike, “I think I’m pregnant.” He answered, “I think you’re pregnant, too.” My general crabbiness and nausea must have given it away! We ended our outdoor sauna experience—er, lake vacation—by leaving at 8:00 PM to make the nine-hour drive through the night, since that was the only way we could imagine making a trip that long with no AC. We collapsed at home vowing to never go camping again. But you know what? None of us will ever forget that camping trip, AND we survived the experience without killing each other!

We had plenty of opportunities to be flexible, to change our plans, and make the best of the time we had together. We incorporated some quick and easy fun, like buying dollar-store water guns and getting spontaneous ice cream. We splurged and took the kids mini-golfing and out to several restaurants. It was more money than we usually spent, but it was worth it.

We tell you this story, not just so you can feel better about every vacation you have ever had, but to illustrate the point that even if your family day doesn’t turn out the way you planned, you will be making memories and bonding with your kids. You are on an adventure together, and that is what matters!

To prepare for your family day, it is a good idea to plan it ahead of time. This day is about your kids **having fun**: it’s kind of like a date with them. You are using the “play” portion of this challenge to send your kids the message that you want to

enter into their lives, that what they value is important, and that you are willing to invest your time into them. To do this challenge, you may want to use several of these ideas throughout the day to compromise a smorgasbord of fun for the family. You want the fun to last from the time they wake up till they go to bed. It will go quicker than you think!

Though we are giving you some ideas, we are sure you can think of your own. There are just too many to list. If you want to make up your own fun, here are a few tips.

- ➔ **Do anything with water** - swimming, water balloons, water guns, slip ‘n slides, beaches, wave pools, slides, hoses incorporated into your swing set, etc.
- ➔ **Do anything with fire** - campfires, sparklers, fireworks, candles, etc.
- ➔ **Do NOT do anything that entails standing in line for long periods of time.** Enough said.
- ➔ **Do NOT do anything that gives each person an individual (instead of a communal) experience.** The point of the play is family bonding, not just doing something cool.
- ➔ **Do NOT worry if things don’t turn out the way you planned.** Be flexible and remember the point of the Family Day is to be together!

Be flexible and remember the point of the Family Day is to be together!

Family Fun Ideas

DO AT HOME	• Do karaoke at home using YouTube • Sit outside and watch the stars. Get a good astronomy app and find the constellations • Play laser tag inside or outside at night with flashlights. • Have the kids plan and cook dinner. Make a plan: then they get to buy the food, and do their best! • Make a whole room into a fort • Make your house into an obstacle course, or do it outside. • Create something. Use recycled items, scraps of wood, putty, sticks and straws to make something together. Divide into teams and make it a contest.	• Make a movie. It could be an original or simply a recreation of a story they like. Get costumes, scenery, even drive to different locations to make it really interesting. Be prepared for some bloopers, but that's what makes it fun! • Create a story with a main character who is just like your child, but put them in unique and fun situations. • Watch old family videos - from when you were dating, when you were married, or when the kids were little. • If you have wooden blocks or even Legos, divide them up among the family and everyone has to build something, or use their portion to make one big creation!
GO OUT FOR FREE	• Find a scenic byway and take a drive • Have a campfire in your backyard or at a campsite • Do a bike ride together. • Go to a wildlife reserve. Give the kids sketchbooks so they can draw what they see. • Go on a picnic. Bring sandwiches or cook outside. Make sure to bring fun lawn games. • Go geocaching	• Do a nature scavenger hunt • Go to the library. Read books and play games. Pick out a story—or stories—to read aloud at home. • Play the alphabet game with photos. Find all the letters of the alphabet on signs as you drive, and take a picture of them in order. • Go on a hike and take pictures along the way.
GO OUT AND SPEND MONEY	• Go ice skating or roller skating • Go to a thrift store and give each child \$5. They can get something for themselves, or have them pick a family member's name to buy for. • Go bowling • Play mini-golf • Give each child \$5.00 to spend at an arcade. Let them play the games, and maybe they'll even win something!	• Visit a museum or zoo • Play a game of Laser Tag or paintball. • Have a staycation. Find a local hotel with a pool, book a room, order pizza and pretend you are somewhere far away! • Go camping at a state park • Go camping in your backyard. Pretend you're out in the woods somewhere (but you can still take advantage of running water!)

ENTHRONEMENT OF THE SACRED HEART OF JESUS

Enthroning the Sacred Heart is saying that your family is subject to this King and that nothing is done in the family without Him.

Alicia comes from a large family and each of her brothers and sisters is living a dynamic Catholic life. People ask her parents all the time, "How did you do this?" and they answer, "Consecration to the Sacred Heart of Jesus." On our wedding day, we dedicated our family, which was formed on that day, to the Sacred Heart of Jesus. We have placed an image of the Sacred Heart prominently in every home where we have lived. This devotion is a refuge for us, and we are blessed to share it with you.

What does "enthronement" mean?

"The Enthronement is the official and social recognition of the sovereignty of the Sacred Heart of Jesus over the Christian family, a recognition affirmed, outwardly expressed, and made permanent by the solemn installation of the image of that divine Heart in a conspicuous place in the home and by the Act of Consecration." (*Enthronement of Sacred Heart*, Fr. Francis Larkin SS.CC.) Enthronement means placing an image of the Sacred Heart in your home in a place of honor. This is a picture or a statue of Jesus with His heart, which burns with love for us, exposed. This is your way of publicly proclaiming that Jesus Christ is the Lord of your home and of your family, so that all who enter can see how you love and honor Him. Enthroning the Sacred Heart is saying that your family is subject to this King and that nothing is done in the family without Him.

Why?

"We do not hesitate to declare that devotion to the Sacred Heart of Jesus is the most effective school of the love of God; the love of God, We say, which must be the foundation on which to build the kingdom of God in the hearts of individuals, families, and nations" (*Haurietis Aquas no.123*). Enthroning Jesus in your home is a powerful means of obtaining the mercy of the Sacred Heart for your family and for society. We all need more mercy! And it is an effective "school of love" that we desperately need in our Church and our world. Enthronement is a way of asking for God's blessing and mercy so you can love and serve Him better.

How?

Traditionally, enthronement is done on the feast of the Sacred Heart or sometime during the month of June, which is the month dedicated to the Sacred Heart. But honestly, you can enthrone the Sacred Heart any day you choose. It can be a feast day that commemorates the love that Jesus has for us in the Eucharist, such as Corpus Christi, or Divine Mercy, or even Easter.

PRO TIP:

Enthroning on a special day makes it easier to remember when to renew your family's enthronement. And yes, renew the enthronement every year if you can! Whenever you choose to do it, remember that all homage given to Him must be given out of love.

We've included an Enthronement ceremony which involves three days of preparation, followed by the actual consecration. Each of the three days teaches you a little bit about devotion to the Sacred Heart and how Jesus has shown His love for us through His Heart. If you forget one day, no worries! This isn't a magic formula; it's just a way to teach your family more and more about this devotion. On the day of the enthronement or the renewal of the enthronement, go to Mass as a family, and pray for that intention during Mass. If you can, bring your image of the Sacred Heart to Mass and ask your parish priest to bless it. Read the ceremony alone before you do it with your family so that you can decide on details. You can have family members take turns being the reader, or assign one person.

When you are saying your prayers and doing the ceremony, don't expect things to go perfectly. Realize that God knows your hearts and is ready to shower blessings upon you. Enthronement isn't the end; it's a beginning. It is your family beginning to live committed to please Christ your King. Please visit the [Sacred Heart Enthronement apostolate's website](http://www.messyfamilyproject.org/sacred-heart-enthronement) for more information about living under His Sacred Heart.



PREPARATION DAY 1

The Sacred Heart of Jesus shows his love through the Incarnation

Gather together as a family. If you want, sing a favorite song to Our Lord. A song about Him becoming man would work, such as a Christmas hymn.

READER 1: In the name of the Father, the Son, and the Holy Spirit. Today we consider the first way Jesus showed His love for us: the Incarnation. Though He was King, God became man and took on flesh for us. His Sacred Heart beat with love for us in the womb of the Blessed Virgin. "And the word became flesh and dwelt among us" (John 1:14) "He united to His divine Person a truly human nature, individual, whole and perfect, which was conceived in the most pure womb of the Virgin Mary by the power of the Holy Spirit." (*On Devotion to the Sacred Heart* No.39)

READER 2: A reading from the gospel according to Luke.

Luke 2:4-16

Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped Him in bands of cloth, and laid Him in a manger, because there was no place for them in the inn.

In that region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger." And suddenly there was with the angel a multitude of the heavenly host, praising God and saying,

"Glory to God in the highest heaven,
and on earth peace among those whom He favors!"

When the angels had left them and gone into heaven, the shepherds said to one another, "Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us." So they went with haste and found Mary and Joseph, and the child lying in the manger.

ROSARY LEADER: Let us reflect on the third Joyful Mystery, the Birth of Jesus Christ. We meditate on the fact that Jesus is Man, but also our King and God. *All pray a decade of the Rosary together.*

ALL: O Christ Jesus, I acknowledge You to be King of the universe; all that has been made is created by You. Exercise over us all Your sovereign rights. We hereby renew the promises of our Baptism, renouncing Satan and all his works and empty promises, and we promise to lead a truly Christian life. May the kingdom of Your peace be firmly established throughout the earth.

Most Sacred Heart of Jesus, may Your kingdom come through Mary!

Sacred Heart of Jesus, protect us!

Immaculate Heart of Mary, queen of heaven, pray for us!

St. Joseph, friend of the Sacred Heart, pray for us!

St. Michael, first champion of the Kingship of Christ, pray for us!

Guardian Angels, pray for us!

PREPARATION DAY 2

The Sacred Heart of Jesus shows His love through His Passion and Death

Gather together as a family. If you want, sing a favorite song to Our Lord. A Lenten song about Christ's sacrifice for us would be appropriate.

READER 1: In the name of the Father, the Son, and the Holy Spirit. Lord Jesus, as we prepare to enthrone You, we consider the second manifestation of Your love for us, Your Passion and Death. "Thus the love of Jesus Christ the Son of God, by the sacrifice of Golgotha, cast a flood of light on the meaning of the love of God Himself: ... And in truth, it was more by love than by the violence of the executioners that our divine Redeemer was fixed to the Cross" (*On Devotion to the Sacred Heart* No.71)

READER 2: A reading from the gospel according to John

John 3:14-17

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in Him may have eternal life. For God so loved the world that He gave his only Son, so that everyone who believes in Him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through Him.

READER 3: A reading from the gospel according to John

John 10:11-15

I am the good shepherd. The good shepherd lays down His life for the sheep. The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them. The hired hand runs away because a hired hand does not care for the sheep. I am the good shepherd. I know My own and My own know me, just as the Father knows Me and I know the Father. And I lay down My life for the sheep.

ROSARY LEADER: Let us reflect on the fifth Sorrowful Mystery, the Crucifixion and Death of Our Lord. We will meditate on the truth that Jesus is our Savior. *All pray a decade of the Rosary together.*

ALL: O Christ Jesus, I acknowledge You to be King of the universe; all that has been made is created by You. Exercise over us all Your sovereign rights. We hereby renew the promises of our Baptism, renouncing Satan and all his works and empty promises, and we promise to lead a truly Christian life. May the kingdom of Your peace be firmly established throughout the earth.

Most Sacred Heart of Jesus, may Your kingdom come through Mary!

Sacred Heart of Jesus, protect us!

Immaculate Heart of Mary, queen of heaven, pray for us!

St. Joseph, friend of the Sacred Heart, pray for us!

St. Michael, first champion of the Kingship of Christ, pray for us!

Guardian Angels, pray for us!

PREPARATION DAY 3

The Sacred Heart of Jesus shows His love for us by giving us the Eucharist

Gather together as a family. If you want, sing a favorite song to Our Lord. A song about the Eucharist would be appropriate.

READER 1: In the name of the Father, the Son, and the Holy Spirit. As we prepare to enthrone You, Lord Jesus, we consider how You showed Your love for us by giving us the Eucharist, Your Sacred Heart here on earth. "It can, therefore, be declared that the divine Eucharist...the sacrament which He gives to men and the sacrifice in which He unceasingly offers Himself from the rising of the sun till its setting is indeed a gift of the Sacred Heart of Jesus." (*On Devotion to the Sacred Heart* No.71)

READER 2: A reading from the gospel according to Luke.

John 6:47-58

Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is My flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Those who eat My flesh and drink My blood have eternal life, and I will raise them up on the last day; for My flesh is true food and My blood is true drink. Those who eat My flesh and drink My blood abide in Me, and I in them. Just as the living Father sent Me, and I live because of the Father, so whoever eats Me will live because of Me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.'

READER 3: A reading from the gospel according to Matthew

Matthew 26:26-29

While they were eating, Jesus took a loaf of bread, and after blessing it, He broke it, gave it to the disciples, and said, 'Take, eat; this is My body.' Then He took a cup, and after giving thanks He gave it to them, saying, 'Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in My Father's kingdom.'

ROSARY LEADER: Let us reflect on the fifth Luminous mystery, the Institution of the Eucharist. Let us meditate on the mystery that Jesus is our Friend and Our Lord. *All pray a decade of the Rosary together.*

ALL: O Christ Jesus, I acknowledge You to be King of the universe; all that has been made is created by You. Exercise over us all Your sovereign rights. We hereby renew the promises of our Baptism, renouncing Satan and all his works and empty promises, and we promise to lead a truly Christian life. May the kingdom of Your peace be firmly established throughout the earth.

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ENTHRONEMENT CEREMONY

All gather around the place of honor where you will enthrone Jesus as King, Savior, and Friend. If you want, sing a favorite song to Our Lord.

The Head of the Household (HH) holds up the image of the Sacred Heart and sets it in the place of honor.

HH: “I now enthrone the Sacred Heart of Jesus as King, Savior, and Friend of this consecrated family. Jesus, it is our desire to make a covenant of love with You. We are determined to live Your life, a life of virtue and simplicity. You will rule over our hearts and our love is for You alone. We will keep this fire of love ever burning by frequent participation in the Celebration of the Eucharist, regular reading of Sacred Scripture, and acts of love and kindness to each other. Accept our prayers and acts of love as a way to repair damage caused by our selfishness.”

ALL: O Sacred Heart of Jesus, we are gathered here today to proclaim Your complete union with our family. From now on we promise to lead a Christ-like life; we will strive to develop in our home all the virtues, which bring with them the peace that You promised. We ask you to be the King of our hearts and to increase our love for You.

Keep us faithful to your commandments, to love God and our neighbor. Divine Heart of Jesus, preside over our family gatherings; bless all of our family undertakings, both spiritual and temporal. Sanctify our joys and comfort us in our sorrows. And if any of the members of our family should separate themselves from You, remind them, O Sacred Heart of Jesus, of Your infinite love and mercy.

When the hour of separation comes and death brings sorrow into our family, we will humbly accept Your Divine will. We will console and comfort ourselves with the thought that the time will come when our whole family will be united lovingly with You in heaven forever. We ask the Blessed Mother and St. Joseph, protector of the Church, to offer our family promise to You. May the memory of this promise be with us always. Amen.

Petitions

HH: We ask that our King, Lord Jesus Christ, would hear these petitions of our hearts:

READER: Lord, we pray that our family will always renounce Satan and all of his empty promises. That each of us invite Mary, the model of purity and love, to make our hearts more like her heart. Let us pray to the Lord.

R. Lord hear our prayer.

READER: For unbounded grace from God that will allow us to show patience and kindness as we begin again every day to love each other as You love us. Let us pray to the Lord.

R. Lord hear our prayer.

READER: For all absent members of our family, both living and dead, that we will all be united through the power of Jesus. Let us pray to the Lord.

R. Lord hear our prayer.

READER: Jesus, you told us, “Whatever you ask the Father in My name, He will give to you.” In Your name, and with great confidence, we pray for _____ *[insert specific petitions]*. And for the petitions that we hold in the silence of our heart. Let us pray to the Lord.

R. Lord hear our prayer.

HH: Let us offer all these petitions to our King as we pray together...

All pray the Our Father, Hail Mary, and Glory Be

HH: Most Sacred Heart of Jesus, we thank You for choosing our family to receive Your presence and love. We ask for the grace to be faithful to our new way of life in You. O Immaculate Heart of Mary, Queen of heaven, unite us with the Sacred Heart of Jesus, our King, Savior and Friend. Amen.

All those who are present should sign the Enthronement Certificate. Close with a favorite family song to Our Lord.

Note: *Re-enthroned Jesus as the King, Savior, and Friend of your home each year by repeating the prayers annually.*

Enthronement Prayer and petitions taken from Enthronement of the Sacred Heart by Rev. Francis Larkin. Published by the Daughters of St. Paul, 1978

Scriptures taken from the New Revised Standard Version, Anglicised Catholic Edition (NRSVACE)



*Click here to
download your
free image of the
Sacred Heart to
print and hang in
your home*

Prayer of Enthronement

O Sacred Heart of Jesus, we are gathered here today to proclaim Your complete union with our family. From now on we promise to lead a Christ-like life; we will strive to develop in our home all the virtues, which bring with them the peace that You promised. We ask You to be the King of our hearts and to increase our love for You.

Keep us faithful to Your commandments, to love God and our neighbor. Divine Heart of Jesus, preside over our family gatherings; bless all of our family undertakings, both spiritual and temporal. Sanctify our joys and comfort us in our sorrows. And if any of the members of our family should separate themselves from You, remind them, O Sacred Heart of Jesus, of Your infinite love and mercy.

When the hour of separation comes and death brings sorrow into our family, we will humbly accept Your Divine will. We will console and comfort ourselves with the thought that the time will come when our whole family will be united lovingly with You in heaven forever. We ask the Blessed Mother and St. Joseph, protector of the Church, to offer our family promise to You. May the memory of this promise be with us always. Amen.

Prayer of Enthronement

O Sacred Heart of Jesus, we are gathered here today to proclaim Your complete union with our family. From now on we promise to lead a Christ-like life; we will strive to develop in our home all the virtues, which bring with them the peace that You promised. We ask You to be the King of our hearts and to increase our love for You.

Keep us faithful to Your commandments, to love God and our neighbor. Divine Heart of Jesus, preside over our family gatherings; bless all of our family undertakings, both spiritual and temporal. Sanctify our joys and comfort us in our sorrows. And if any of the members of our family should separate themselves from You, remind them, O Sacred Heart of Jesus, of Your infinite love and mercy.

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"Jesus Christ is the head of this home.
The unseen guest at every meal, the
silent listener to every conversation."

WE, THE _____ FAMILY,
ENTHRONE

***THE SACRED HEART OF
JESUS CHRIST***

AS KING OF OUR HOME
ON THIS DAY _____

Name

Name

Name

Name

Name

Name

Name

Name

Name

Name

Name

Name