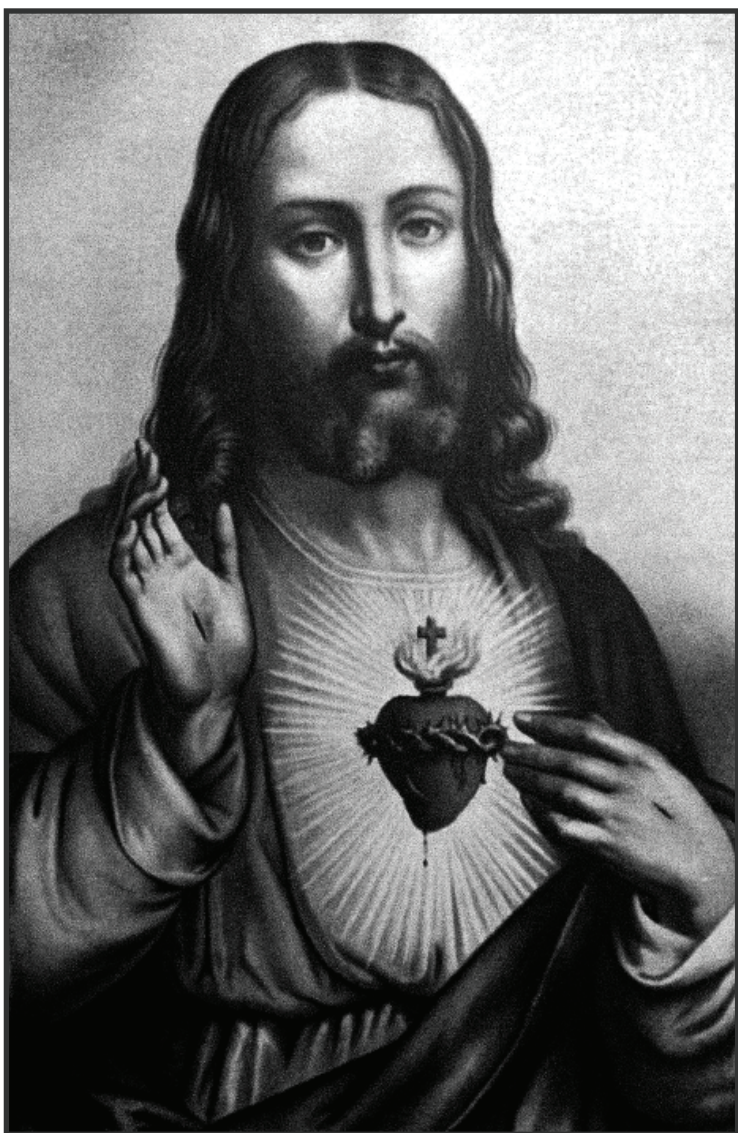


# CHRIST, THE MODEL

“I have given you an example,  
that as I have done to you, so  
you do also.”

—John xiii, 15



# OF PERFECT MANHOOD

“Christ also has suffered for  
you, leaving you an example that  
you may follow in his steps”

—1 Peter ii, 21

## My Week with the Sacred Heart

**SUNDAY — Adore and imitate the CHARITY and ZEAL of the Sacred Heart:**

1. By overlooking the faults of others and praising the virtues of the absent;
2. Refraining from the least offensive word or action;
3. Encouraging, aiding and instructing others.

**ASPIRATION:** All for Thee, Most Sacred Heart of Jesus. (300 days indulgence each time)

**MONDAY — Adore and imitate the OBEDIENCE and HUMILITY of the Sacred Heart:**

1. By promptly obeying the call of duty;
2. Not offering excuses when corrected;
3. A reverential attitude towards parents and superiors.

**ASPIRATION:** Jeaua, meek and humble of heart, make my heart like unto Thine. (500 days)

**TUESDAY— Adore and imitate the PRAYERFULNESS and MERCY of the Sacred Heart:**

1. By offering aches, pains and fatigue for souls in Purgatory and sinners;
2. Forgetting wrongs and being sympathetic towards those in trouble and sickness;
3. Repeating aspirations and ejaculations at work.

**ASPIRATION:** Sweet Heart of Jesus, I implore that I may ever love Thee more and more. (300 days)

**WEDNESDAY — Adore and imitate the PATIENCE and PEACEFULNESS of the Sacred Heart:**

1. By being gentle in word and manner when annoyed or hurried;
2. Accepting all misfortune and blessings as God's Holy Will;
3. Often recalling God's love for you.

**ASPIRATION:** Sacred Heart of Jesus, I place my trust in Thee. (300 days)

**THURSDAY — Adore and imitate the DETACHMENT and SINCERITY of the Sacred Heart:**

1. By daily acts of mortification in reparation for profanity and impurity;
2. Indifference to honor and praise;
3. Avoiding sham and double-dealing.

**ASPIRATION:** Most Sacred Heart of Jesus, have mercy on us. (500 days)

**FRIDAY — Adore and imitate the SINLESSNESS and APPROACHABLENESS of the Sacred Heart:**

1. By repressing every appearance of repugnance or weariness;
2. Living in the State of Grace every moment of the day;
3. Showing an interest in your neighbor's work and family.

**ASPIRATION:** Sacred Heart of Jesus, protect our families. (300 days)

**SATURDAY — Adore and imitate the FIDELITY and GENEROSITY of the Sacred Heart:**

1. By keeping one's promises;
2. Undergoing sacrifices for the success of an undertaking;
3. Expressing gratitude to friends for their favors.

**ASPIRATION:** Sacred Heart of Jesus, I give my heart to Thee through Mary (300 days)