



Prayer for a Broken Heart

An original prayer prepared for this page, followed by a traditional prayer to the Sacred Heart and the Memorare.

Jesus, I come to you with a broken heart. You know what has happened, what I have lost, and what I still find hard to accept. I do not have to hide my tears from you. Receive my pain and stay close to me.

When memories return and longing keeps me awake, help me turn toward you. Quiet the words of rejection or betrayal that I keep repeating to myself. Remind me that my life is precious to you, even when I feel unwanted or alone.

Give me courage to face the truth about what has happened. Where I have sinned, lead me to repentance and your mercy. Where I have been wounded, protect me from bitterness and help me take the next step toward healing.

Teach me to desire the good of those who have hurt me. When forgiveness feels beyond me, give me the grace to ask for it. Keep me from seeking revenge or trying to control another person's heart.

Bless the people who are helping me through these days. Give me patience with healing that comes slowly, strength for my daily responsibilities, and moments of peace in which I can breathe and pray.

I place my hopes, my unanswered questions, and my future in your hands. Help me trust that you are with me today. Lead me in truth, renew my hope, and teach me to receive your love. Amen.

Sacred Heart of Jesus

Sacred Heart of Jesus, I place all my trust in You.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.