

Your grace, for the increasing neglect of Your great love and for the offenses I and others have committed in the past.

HENCEFORTH I will endeavor to live a life of unwavering faith and of conscientious observance of the precepts of the Church and of Holy Scripture. And I promise to inspire others to follow You through my own personal example of a holy lifestyle of constant prayer with a dedication to chastity, modesty, humility, and detachment from social corruption.

OLORD Jesus, through the intercession of the Blessed Virgin Mary, our model in reparation, deign to receive the voluntary offering I make of this act of expiation; and through the grace of perseverance may I remain faithful unto death in my love for You and in the allegiance I owe to You, so that I may one day come to that blessed home where You with the Father and the Holy Spirit live and reign, one God, for ever and ever. Amen.



Adaptations, typesetting, and cover
Copyright © 2019–2024 Raymond Lloyd Richmond, Ph.D.
All rights reserved.

With permission to copy and distribute freely.

Chastity – In San Francisco?
www.ChastitySF.com

Revised 17 March 2024

Instructions:

Print double sided

Fold in half lengthwise and then trim to size according to the dashed lines

ACT OF REPARATION
to the



SACRED HEART OF JESUS

Original version prescribed by Pope Pius XI

Adapted by

Raymond Lloyd Richmond, Ph.D.

O LORD Jesus, whose wondrous love for mankind is disparaged by ingratitude, negligence, and contempt, behold my desire to help make reparation for the cruel injuries to which Your Sacred Heart is everywhere subject today.

MINDFUL that I myself have had a share in such great indignities, which I now deplore from the depths of my heart, I ask Your pardon, and I declare my readiness to atone by voluntary expiation not only for my own personal offenses but also for the offenses of those who, straying far from the path of salvation, refuse in their obstinate infidelity to follow You, their Shepherd and Leader, or, renouncing or slighting the solemn vows of their baptism, have cast from their hearts and lips Your loving commandments.

I AM resolved to expiate the deplorable outrages committed against You throughout the world—outrages committed even by Catholics themselves.

I DEPLORE affronts to Christian morality that wound You by immodesty of dress and behavior; by ubiquitous profanity; by shameful pornography; by rampant masturbation and fornication; by lust, adultery, and divorce in defilement of the Sacrament of Holy Matrimony; by the heartless malice of abortion; by the rebellious endorsing of aberrant sexual practices; by pedophilia and child sex trafficking; by the lies and disfigurement wrought by transgender ideology; by the insanity of “gender fluidity”; and by the diabolical effects of drugs, especially marijuana.

I DEPLORE affronts to Christian love that wound You

by merciless cruelty and by the virulent fraud, lies, anger, and hatred which stain so many hearts.

I DEPLORE affronts to Christian teaching and authority that wound You by heresies; by atheistic ideologies; by the worship of false and empty gods; and by the dark rites of secret societies, occult arts, and witchcraft.

I DEPLORE affronts to Christian tradition that wound You by the profanation of Your Real Presence in the Eucharist, whether it be by neglect and irreverence or by terrible acts of sacrilege; by the casualness of dress and conduct within Your churches; and by the frequent violation of holy days and Sundays.

I DEPLORE affronts to Christian fidelity that wound You by betrayals from many of Your bishops and priests in their seditious attempts to destroy traditional values; in their sins of rationalism, materialism, sexual perversions, and desire for social acceptance; in their crimes of callously covering up their sins; and in their welcoming the smoke of Satan into the Church which You have so lovingly acquired at the price of Your Blood.

WOULD, O divine Jesus, that such abominations were purged from this world! But I can purge them from my own heart. So I now offer my heart in reparation for these violations of Your divine honor. Revering the sacrifice You did once make to Your eternal Father on the Cross and which You continue to renew daily on our altars, I offer my vow of a pure heart in union with the acts of atonement of Your Virgin Mother and of the Saints and of the pious faithful on earth; and I sincerely vow to make reparation, as far as I can with the help of