



Sacred Heart of Jesus (Tenderness)

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PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate the Most Sacred Heart of Jesus.*

INTRODUCE TOPIC & SCRIPTURE (Mark 6:34) "When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like a sheep without a shepherd; and he began to teach them many things."

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE "Lord, may the tenderness of your heart teach me how to love."

MEDITATION "The Heart of Jesus is the source and expression of his infinite love for each person, whatever the situation may be. The Lord seeks out each one of us. A very beautiful Messianic text taken from the Prophet Ezekial reads: *I am going to look after my flock myself and keep all if it in view. As a shepherd keeps all his flock in sight when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered during the mist and darkness.* Each one is an individual whom the Father has entrusted to the Son so that we shall not perish, even though we may have strayed far away. Jesus, true God and true man, loves the world with a human heart. A heart that serves as a channel for God's infinite love."³

"Nobody has ever loved us more than Jesus does, nobody will ever love us more. *He loved me*, said Saint Paul, *and gave himself for me*. Each one of us can repeat the same words "He loves me and gave himself for me". His heart is full of the Father's love... See this heart that has loved you so much and has spared itself nothing until it has exhausted itself and consumed itself in order to show you that tender love.⁴ Jesus willingly gave the very last drop of His precious blood for you, as though you were alone in the world. Knowing this, you can approach Christ with confidence. Nothing can prevent loving him, so long as your heart is big enough to ask for forgiveness.

RESOLUTION (Re-read Scripture.) As we meditate today on the tender love Christ has for us, we will feel a desire to thank him for such a great gift and for so much unmerited mercy. Christ's heart has loved as no other heart has ever loved. After He ascended into Heaven in his glorified Body, Christ did not cease to love us. He does not stop calling us now to live always close to his most tender heart. Place yourself in the presence of His merciful heart and allow His tenderness to fill your heart. Holy Spirit Come...

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother most tender: **Pray for us**. St. Joseph: **Pray for us**. St. Margaret Mary (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, In Conversation With God, Vol. 6, 49.1. Used with Permission.

⁴ Fr. Francis Fernandez, In Conversation With God, Vol. 6, 49.1. Used with Permission.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

