



## Sacred Heart of Jesus (A Personal Love)

**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."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate the personal love of the Most Sacred Heart of Jesus.*

**INTRODUCE TOPIC & SCRIPTURE (1 John 4:16)** "We have come to know and to believe in the love God has for us. God is love, and whoever remains in love remains in God and God in him."

### BREATH-WORK & GRATEFULNESS

**BODILY PRAYER VERSE (J. Escriva)** "I give you thanks, my Jesus. Give us hearts that will measure up to yours."

**MEDITATION** "God expresses the fullness of His love for man by sending the Person of His Only-begotten Son. We have come to know that God loves us not only because this was the constant teaching of Jesus Christ but because His presence amongst us is the great proof of that love."<sup>3</sup> 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. Nobody has ever loved us more than Jesus does, nobody ever will love us more, He loves me, said St. Paul, and gave Himself for me. Each one of us can repeat the same words. His Heart is full of the Father's love – full in a way that is at once divine and human.<sup>4</sup>

"There was not a single act of Christ's soul or of His Will that was not directed towards our redemption and to obtaining for us all possible help so that we should never separate ourselves from Him or so that, should we ever stray from the path, we would come back to Him. There was not a single part of His body that did not suffer for love of us. He gladly accepted all types of sorrow, insult, and shame for our salvation. Not a single drop of His most precious Blood remained unshed for our sake. *God loves me*. This is the most consoling truth of all...<sup>5</sup>

**RESOLUTION** (Re-read Scripture.) The Heart of Jesus, the human Heart of Jesus, burns with love that is overflowing. This love of His is love for the Eternal Father and love for men – the Father's adopted daughters and sons.... Do I take time to thank God for His Love, this most greatest gift? Come Holy Spirit...

**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.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Fr. Francis Fernandez, In Conversation With God, Vol. 6, 50.1. Used with Permission.

<sup>4</sup> St. Francis Fernandez, In Conversation with God. Vol. 6., 49.1. Used with permission.

<sup>5</sup> St. Francis Fernandez, In Conversation with God. Vol. 6., 50.1. Used with permission.

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

