

## Experience the Sacred Heart of Jesus

Read:

Hosea 11:1, 3-4, 8c-9

Isaiah 12:2-6

Ephesians 3:8-12, 14-19

John 19:31-37



Using the scriptures that are read at Mass on the Solemnity of the Most Sacred Heart of Jesus, we can experience what it means to be loved by God.

Read the first scripture by substituting your own name for "Israel" and "Ephraim" (of course if you're a female, change "son"

to "daughter"). Change "Egypt" to a problem you suffered when you were young. For example, put your name in the blanks:

Thus says the Lord:

When \_\_\_\_ was a child I loved him/her,  
out of sinful ways I called my son/daughter.  
It was I who taught \_\_\_\_ to walk,  
who took \_\_\_\_ in My arms;  
I drew \_\_\_\_ with human cords,  
with bands of love;  
I fostered \_\_\_\_ like one  
who raises an infant to his cheeks;  
Yet, though I stooped to feed my child,  
\_\_\_\_ did not know that I was his/her healer.

Then read this solemnity's responsorial from Isaiah with the same personal angle, but now let it be the adult you of whom the verses speak:

God indeed is my savior,  
rescuing me from my troubled past.  
I am confident and unafraid.  
My strength and my courage  
come from the Lord,  
and he is my savior.  
With joy I will draw water  
at the fountain of salvation.  
*etc.*

For the second reading, let the author, St. Paul, speak directly to you:

For this reason I kneel before the Father, asking him to bless you according to the riches of his glory so that you are strengthened with the power of the Holy Spirit, so that Christ dwells in your heart through faith, so that you will be rooted and grounded in love, so that you may have strength to comprehend with all the holy ones what is the breadth and length and height and depth of the love that Christ has for you, which surpasses knowledge, so that you may be filled with all the fullness of God.

As you read the scriptures this way, do you feel any healing taking place? Are you more aware of God's tremendous love for you? *This* is what it means to experience the Sacred Heart of Jesus, the heart that in the Gospel reading was pierced for your sake.