

June 16, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

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SOLEMNITY OF THE MOST SACRED HEART OF JESUS

By Sr. Jayne Helmlinger, CSJ

An Excerpt From Today's Gospel

"No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him. Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

MATTHEW 11:27-30

Reflection

The Solemnity of the Most Sacred Heart of Jesus is such a moving Feast Day if we take the time to reflect on the love of Jesus. Do we open ourselves to the

love of God poured out through his Son? Each of us is called to be love poured out in our lives. The love we have for God and for all God's creatures is evidenced by how we live our lives.

I chose this part of Matthew's Gospel because it touches the depths of our being if we take in these beautiful words of invitation to come to God -- because God cares about each of us. If we are troubled or burdened, we have only to turn to God, to the Sacred Heart of Jesus, and open ourselves to his love. I have found this passage comforting in times of distress, grief, and anguish. Turning to the beloved enables us to regain our footing amidst the storms of life.

On this special Feast Day, it is a reminder to each of us to pray in gratitude for God's love, which is freely given to us. We in turn, through our call to discipleship, are to be love poured out in our daily lives.



Prayer to The Sacred Heart

May we be humble of heart and meek in disposition,
pointing the way and glorifying You with our lives.

May we open our hearts to the breadth and depth of Your love,
and in turn, be so emptied as to allow Your love to flow through us.

May we bring peace and comfort to those afflicted in body, mind and soul,
bearing witness to the love we have received and pointing the way to You.

For Pondering

- How open is your heart to receiving the love God has for you?
 - As you reflect on the love you've experienced from God during your life, how has it motivated or propelled you to be more loving with others?
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For Prayer

*O Sacred Heart Divine,
we pray for all those who are struggling to find love in their lives.
May we be a channel of your peace and love,
witnessing our discipleship
through acts of generous kindness, compassion, and presence.
Amen.*

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