

## Reflection Friday Week 10 The Sacred Heart of Jesus 2023

Devotion to the Sacred Heart, encouraged by mediaeval mystics and promoted by St Gertrude, St Margaret Mary Alacoque, St John Eudes and others, represents a devotion to Jesus in his human nature, in particular referring to the heart as the seat of the emotions.

It is right, therefore, that we pray with the psalmist: *My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings.*

Having celebrated Easter, the Ascension, Pentecost, Trinity Sunday and Corpus Christ we can be in no doubt of the depth of God's love for us. Today offers an opportunity to thank God for this overwhelming love he has for us. As St John says: *God is love, and anyone who lives in love lives in God, and God lives in him.*

Pope Francis says *The Heart of the Good Shepherd is not only the Heart that shows us mercy, but is itself mercy. There, the Father's love shines forth; there, I know I am welcomed and understood as I am; there, with all my sins and limitations, I know with certainty that I am chosen and loved. The Heart of the Good Shepherd tells us that his love is limitless; it is never exhausted and it never gives up. There, we see his infinite and boundless self-giving; there we find the source of that faithful and meek love which sets free and makes others free; there, we constantly discover anew that Jesus loves us "even to the end" (Jn 13:1), to the very end, without ever imposing. The Heart of the Good Shepherd reaches out to us to us all without exception.*

**The local minister approaches a lady following the service, and remarks, "I couldn't help but notice that your husband left my sermon mid-way today."**

To which the lady responds with a shrug, *"Please don't take it to heart, Reverend. He's been sleepwalking for years."*