

DILEXIT NOS

*The Heart that has
Loved so Greatly*



Pope's Worldwide Prayer Network

UNITED STATES | CANADA

APOSTLESHIP OF PRAYER

Introduction

Pope Francis's encyclical *Dilexit Nos* reminds us of a profound truth: God loved us first. His love is not earned but freely given, calling us into a deeper relationship with Him. This guide is the second in a four-part journey through *Dilexit Nos*, offering Scripture, reflections, and prayer to help you open your heart to God's unfailing love. Whether alone or in a group, take this opportunity to pause, reflect, and respond to His invitation to love. Let this be a time of renewal as you grow in faith and embrace the love that transforms.

Opening Prayer

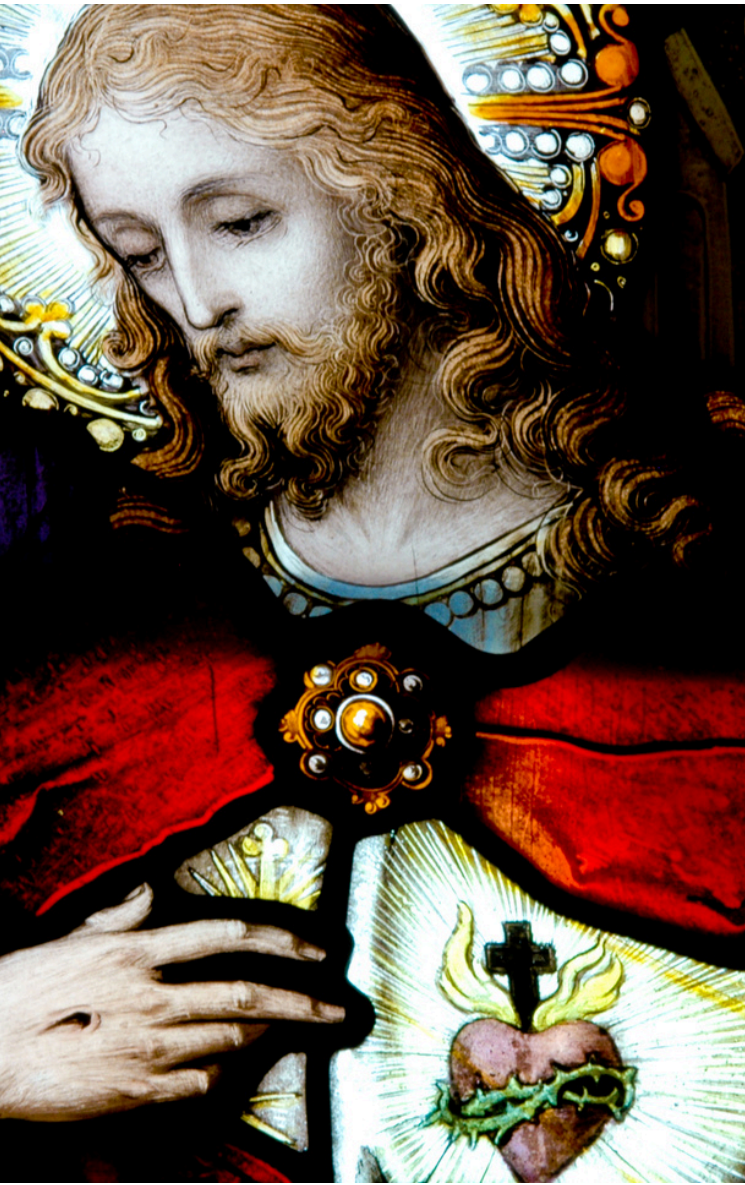
- Begin with the Sign of the Cross
- Prayer: The Daily Offering

Father, here I am. I know you are always with me. I place my heart in the Heart of your Son, Jesus, who gives Himself to us in the Eucharist each day. May your Holy Spirit make me His friend and apostle, available for His mission of compassion. Take, Lord and receive all of my prayers, works, joys, and sufferings this day -all I am and possess- in communion with my brothers and sisters in the Pope's prayer network. With Mother Mary, I pray for the mission of the Church, for our bishops, and for the Pope's intention this month. Amen.

Grace

We pray for the grace to accept the tangible love of Christ in our lives, one that is human and divine. Holy Spirit, set our hearts on fire for the Sacred Heart that we may share this love with those around us.

Quotes from *Dilexit nos*



Paragraph 60: “In gazing upon the Lord’s heart, we contemplate a physical reality, his human flesh, which enables him to possess genuine human emotions and feelings, like ourselves, albeit fully transformed by his divine love. Our devotion must ascend to the infinite love of the Person of the Son of God, yet we need to keep in mind that his divine love is inseparable from his human love.” (Pope Francis)

Paragraph 64: “From the infinite horizon of his love, God wished to enter into the limits of human history and the human condition. He took on a body and a heart. Thus, we can contemplate and encounter the infinite in the finite, the invisible and ineffable mystery in the human heart of Jesus the Nazarene.” (Pope Benedict XVI)

Paragraph 81: “All of us, when we pause in silence, need to feel not only the beating of our own heart, but deeper still, the beating of a trustworthy presence, perceptible with faith’s senses and yet much more real: the presence of Christ, the heart of the world.” (Pope Benedict XVI)

Sacred Scripture

John 15:9-13 “As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father’s commandments and remain in his love. ‘I have told you this so that my joy may be in you and your joy may be complete. This is my commandment: love one another as I love you. No one has greater love than this, to lay down one’s life for one’s friends.’”

Reflection Thoughts

The devotion to the Sacred Heart is not about venerating a physical organ, but about entering into a deeper relationship with Jesus Christ. The Sacred Heart embodies Jesus’ human and divine heart, allowing for us to better understand His infinite and perfect love for humanity. This same heart of Jesus is still active in our lives through the working of the Holy Spirit. In the silence of our own hearts, we can find the presence of Christ, which is the heart of the world. We are called to respond to this love by placing our trust in the “infinite mercy of a God who loves us unconditionally and has already given us everything in the cross of Jesus Christ” (St. Therese of the Child Jesus).

Reflection Questions

1. Which of the quotes resonates with you and why?
2. What does the image of the Sacred Heart represent to you personally?
Do you have any personal devotions to the heart of Jesus?
3. How do you view the love of Jesus? Do you connect more with His human or divine love?