

DILEXIT NOS

Love for Love



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 fourth and final 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

Jesus, help us to thirst for your most sacred heart so that we may be engulfed in your love and mercy and share it with all of those who you have put in our life. Inspire us to be missionaries of your most Sacred Heart in our daily life so that others may come to know you.

Quotes from *Dilexit nos*



Paragraph 173 “Our union with Christ is meant not only to satisfy our own thirst, but also to make us springs of living water for others”

Paragraph 189 “Even if the irreparable cannot be completely repaired, love can always be reborn, making the hurt bearable”

Paragraph 197 “God’s justice is understood only in the light of his love”

Paragraph 200 “Sisters and brothers, I propose that we develop this means of reparation, which is, in a word, to offer the heart of Christ a new possibility of spreading in this world the flames of his ardent and gracious love”

Sacred Scripture

1 Corinthians 9:16 “For a heart that loves, this is not a duty but an irrepressible need: “Woe to me if I do not proclaim the Gospel!”

Jeremiah 20:9 “Within me there is something like a burning fire shut up in my bones; I am weary with holding it in, and I cannot”

Reflection Thoughts

In this final chapter of *Dilexit Nos*, Pope Francis calls us to action as we seek to spread the heart of Jesus to everyone that we encounter. He explains that it is through the healing love of Christ that we are able to become springs of water for others and make the suffering in our own lives bearable. We are called to live out the “missionary dimension of our love for the heart of Christ” (205) by spreading the gospel and allowing our actions to be driven by love. Pope Francis emphasizes the importance of having a community of faith to lean on to fuel our friendship with Jesus and ultimately become better missionaries of love.

Reflection Questions

1. Which of these quotes/scripture resonates with you and why? Which one is the most difficult for you?
2. Do you have a community of faith in your life that you can rely on for spiritual support?
3. Who has God put in your life for you to share the Gospel with?
4. In what ways can you be a missionary for the Sacred Heart?