

DILEXIT NOS

*A Love That Gives  
Itself As Drink*



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 third 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

"Let us turn, then, to the heart of Christ, that core of his being, which is a blazing furnace of divine and human love and the most sublime fulfilment to which humanity can aspire. There, in that heart, we truly come at last to know ourselves and we learn how to love." Jesus, help us to turn to your heart, enkindle in us the fire of your love. Amen.

# Quotes from *Dilexit nos*



**Paragraph 96** “The open fountain is the wounded side of Christ”

**Paragraph 97** ‘Let anyone who is thirsty come to me and drink... out of his heart shall flow rivers of living water’ (Jn 7:37-38) For this to be accomplished, however, it was necessary for Jesus “hour” to come, for he ‘was not yet glorified’ (7:39). That fulfilment was to come on the cross, in the blood and water that flowed from the Lord’s side.

**Paragraph 101** “The pierced heart of Christ embodies all God’s declarations of love present in the Scriptures. That love is no mere matter of words; rather, the open side of his Son is a source of life for those whom he loves, the fount that quenches the thirst of his people. As Saint John Paul II pointed out, ‘the essential elements of devotion [to the Sacred Heart] belong in a permanent fashion to the spirituality of the Church throughout her history; for since the beginning, the Church has looked to the heart of Christ pierced on the Cross’. ”

# Sacred Scripture

**John 7:37-39** “‘Let anyone who thirsts come to me and drink’ Whoever believes in me, as scripture says: ‘Rivers of living water will flow from within him’ He said this in reference to the Spirit that those who came to believe in him were to receive. There was, of course, no Spirit yet, because Jesus had not yet been glorified.”

## Reflection Thoughts

Pope Francis shares with us the wisdom of Saints and Scripture, inviting us to enter into prayer and see Christ’s love from different perspectives—His deep thirst for us and our response to Him.

We see the open wound in Christ’s side in the Divine Mercy image, just as we see it whenever we gaze upon a crucifix. St. John Paul II reminds us that devotion to the Sacred Heart has existed since the beginning—because from the very start, believers have turned their eyes to the Heart of Christ, pierced on the Cross. In John 7:37-39, Jesus reveals that our deepest thirst finds its answer in Him, in the very wound He would endure for our sake.

How do you respond to this invitation? By believing in Him, by drawing near to His Heart, by allowing His love to transform you. His open Heart is an endless source of mercy, always calling you to come, to trust, and to drink deeply from His love.

## Reflection Questions

1. How does recognizing Christ’s thirst for you change the way you respond to Him in prayer and daily life?
2. When you see the wound in Christ’s side—whether in the Divine Mercy image or on a crucifix—how does it speak to your own thirst for love, healing, and mercy?
3. In what ways can you deepen your devotion to the Sacred Heart and allow His love to shape your heart more fully?