

MY HEART
His Heart
ALL HEARTS



FROM THE POPE'S WORLDWIDE PRAYER NETWORK-USA

THE WAY OF THE HEART

A 9-step retreat; a pathway for all Christians

- to guide your day, your heart, and your life
- centered in the Heart of Jesus and the heart of the Church
- guided by Pope Francis & St Ignatius Loyola
- together, we'll walk through the 9 steps
- each step will take 20-40 min, with an opening prayer, short Scripture, reflection & discussion questions
- continue your prayer! repeat & deepen these steps at home

Part I: My heart [personal reflection, my heart, my faith]

1. In the beginning there was Love
 - Creation, gratitude, God's love for me, Genesis 1
2. The human heart, restless & needy.
 - awareness, reflection; "our hearts are restless until they rest in Him"joys and sorrows, Psalm 23
3. In a broken world: broken hearts and Divine Mercy
 - Suffering & sin, reflection & action. Prodigal Son, Luke 15:11-

Part II: His Heart [with the Heart of Jesus, His life & mission]

4. The Father sends His Son to save us
 - 'Contemplation' with Incarnation & Nativity, Luke 1-2
5. He calls us His friends
 - Friendship & vocation with Jesus: Call of Peter, Luke 5
6. Christ abides in us
 - Eucharist. Last Supper, Matthew 26:26-

Part III: All hearts [Jesus invites me to join His mission today]

7. We offer our lives along with Him
 - Sacred Heart, Suscipe, offering. Mary & Joseph say 'Yes,' Luke 1:38 & Matt 1:20-24
8. Mission of compassion: AoP-PWPN
 - Mission, Jesus sends 12 & us, Good Samaritan, Luke 10:25-37
9. a worldwide network; in the Church, prayer & service for humanity.
 - faith, community, service, vocation. Jesus calls and sends us, Mark 6:7-13 and v30-33

Step Zero. Walking with Jesus: the Way of the Heart

-awareness, gratitude, relationship with Jesus

A. Opening Prayer. Daily Offering

O Jesus, through the Immaculate Heart of Mary,
I offer You my prayers, works, joys, and sufferings of this day
in union with the Holy Sacrifice of the Mass throughout the world.
I offer them for all the intentions of Your Sacred Heart:
the salvation of souls, reparation for sin,
and the reunion of all Christians.
I offer them for the intentions of our bishops
and of all Apostles of Prayer,
and in particular for those recommended
by our Holy Father this month: _____

B. Bible. Psalm 139 [abridged]

LORD, you have searched me, you know me:
you know when I sit and stand;
you understand my thoughts from afar.
You sift through my travels and my rest;
with all my ways you are familiar.
Behind and before you encircle me
and rest your hand upon me.
Such knowledge is too wonderful for me,
far too lofty for me to reach.
Where can I go from your spirit?
From your presence, where can I flee?
You formed my inmost being;
you knit me in my mother's womb.
I praise you, because I am wonderfully made;
wonderful are your works!
My very self you know.
Search me, God, know my heart,
try me and know my thoughts.

C. Reflection: Put your hand on your heart.

Put your hand on your heart. Feel your heartbeat.

Perhaps your heart is beating slowly and peacefully.

Or maybe your heart is beating fast in a busy, stressful day.

Note the emotions underneath your heartbeat.

This may be a sense of quiet joy and hope in this time of reflection; today was a good day and you're feeling grateful. Or, maybe there is a tug of anxiety on your heart—as you recall an unpleasant conversation with a colleague or think about a sick relative.

In the Gospels, we see Jesus experiencing the whole range of human emotions: joy, sorrow, loneliness, and even anger. He invites us to unite our emotions and our experiences with His Sacred Heart.

Your heart is beating right now. So is His. Your heart is made for love. Your heart is made for relationship with Christ and with others. He became man for us and has a body and a heart now; he wants to be in closer communion with us. His Heart beats with love for the Father and for each of us. Christ shapes your heart in the 'image and likeness' of His Heart.

D. Spiritual Exercises: Graces that I seek.

1. How do you feel as you begin this retreat?

-joyful, hopeful, tired, upset?

2. What is 1 grace that you are seeking as you begin this retreat?

-guidance regarding a big decision?

-freedom from a sin or bad habit?

3. Ask Jesus: "What grace do you want to give me in this retreat?"

E. Discussion.

talk with the group, sharing a few graces from the reflection and exercises above.

F. Conclusion.

Sacred Heart of Jesus, have mercy on us!

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**Step Zero. Walking with Jesus:
the Way of the Heart**

Step 1. “In the beginning, there was Love.”

God Loves us first:
Awareness and
Gratitude



-grace: awareness and gratitude for God's creative love for me

A. Opening Prayer.

Come, Holy Spirit, fill the hearts of your faithful.
Enkindle in us the fire of your love.
Come, Holy Spirit, and we shall be created,
and you shall renew the face of the earth. Amen.

B. Bible. Genesis 1:1-28

In the beginning, when God created the heavens and the earth, earth was a formless wasteland, and darkness covered the abyss, while a mighty wind swept over the waters. Then God said, 'Let there be light,' and there was light. God saw how good the light was. God then separated the light from the darkness. God called the light 'day' darkness he called "night." Evening came, morning followed, the 1st day....

God said, "Let us make mankind in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, and over all the wild animals." God created mankind in the divine image: male and female. God blessed them, saying: "Be fertile and multiply; fill the earth. Have dominion over the fish of the sea, the birds of the air, and all the living things that move on the earth." God looked at everything he had made, and he found it very good [v26-28]. God created us to share His love and serve Him on earth.

C. Reflection: The Father created you

1. Truly, God is love and “God loves us first!”

Imagine how God first formed you and shaped you as a tiny child in your mother’s womb.

Through your parents, the Lord God formed you and breathed into you the breath of life. God forms your heart with tender love and care. And he has made a beautiful world, and he placed you in it, surrounded by family and friends.

1. Put your hand on your heart for 30 seconds.

Simply feel your heart beat.

Is your heart beating fast? Slowly and peacefully?

What are the emotions that you notice beneath your heartbeat?

-quiet peace and joy? sorrow? worry or anxiety?

See your heart as truly an image of the Father’s love for us.

-moment by moment, our hearts give us life and strength

-so, too, the Father’s love is poured out for us in each heartbeat

And see that our hearts are made in the image of the Heart of Jesus

-he has a living, beating heart right now.

-he has a Risen Body, with a heart filled with love for us

Ask him to unite your heart with his heart

-your joys with his joys and your sorrows with his sorrows

D. Questions and activities

1. Look at a few photos of yourself as a newborn or at your baptism.

Who else is there? How do they look at you?

2. What are my ‘Top 10’ spiritual moments?

-when I felt closeness to God? a time of love, grace?

-on retreat or a great family vacation? seeing my firstborn?

3. Thank God for these blessings and graces.

E. Discussion.

talk with the group, sharing a few graces from the reflection and exercises above.

F. Conclusion.

Repeat the opening prayer.

**Step 1. “In the beginning,
there was Love.”**



Step 2. The Human Heart: Restless

Heart to heart with Jesus
in the Examen of St
Ignatius

- grace: I ask to center my heart in Christ in a spirit of gratitude

A. Opening: Jesuit Prayer for Generosity

Lord, teach me to be generous;
teach me to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for reward,
save that of knowing that I do your will.

B. Bible. Psalm 23

The LORD is my shepherd; there is nothing I shall want.
In green pastures he makes me lie down;
to still waters he leads me;
he restores my soul.; He guides me along right paths
for the sake of his name.
Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me;
your rod and your staff comfort me.
You set a table before me in front of my enemies;
You anoint my head with oil; my cup overflows.
Indeed, goodness and mercy will pursue me all the days of my life;
I will dwell in the house of the LORD for endless days.

C. Reflection. 'Examen' of St Ignatius: Heart to heart with Jesus

- overview: Jesus asks you, 'How are you doing?'
- and He listens patiently to your response.
- a daily prayer for gratitude, awareness, and guidance
- Personal or with family, daily or weekly
- 5-15 min, 5 steps, a 'mini retreat' each day.
- Christ leads me each day as my Good Shepherd
- 5 simple points can guide our reflection each day:

First. Enter God's Presence

Sit/kneel. Brief Prayer [ex. Hail Mary, Prayer for Generosity]

Second. Thanksgiving, last 24 hours

"Lord, help me to look on this day with gratitude."

Be specific, name 3 examples.

Third. Name my struggles & sorrows from last 24 hours

a sick relative, daily stress, my sins and bad habits.

Notice & hold up to His Light. Ask for help. Be specific.

Fourth. Petitions

Ask for His blessings on self, my projects, family...

Fifth. Look ahead to next 24 hours

Hope, trust; Lord, what are Your priorities?

Close with Hail Mary or other prayer

E. Discussion

Jesus is the Good Shepherd, walking with you each day.

talk with the group, sharing a few graces from your Examen.

F. Conclusion. Repeat Prayer for Generosity

repeat opening prayer

[optional: continue praying the examen daily for 5-10 min]

**Step 2. The Human Heart:
Restless**

Step 3. In a Broken World: Broken Hearts & Divine Mercy—the Prodigal Son story



-grace: sorrow and contrition for my sins, as I call on God's mercy

A. Opening Prayer. Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

B. Bible. Luke 15: 11-32, Prodigal Son

younger son: "I no longer deserve to be called your son; treat me as you would treat one of your hired workers."

Father: While he was still a long way off, his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and kissed him. His father ordered his servants, 'Quickly bring the finest robe and put it on him; put a ring on his finger and sandals on his feet.'

older son. "Look, all these years I served you and not once did I disobey your orders; yet you never gave me even a young goat to feast on with my friends."

Father: "My son, **you are here with me always; everything I have is yours.**"

Note: Pope Francis has a special devotion to Mercy and the Sacrament of Reconciliation [promoted in Jubilee Year of Mercy, 2016]

C. Reflection

We live in a world wounded by sin. Our hearts have been broken by the sins of others and the injustice around us– violence, turning away from God, broken families, addictions and dysfunctional relationships.

And, I have contributed to this brokenness.

Through my own sins, selfishness and bad habits, I have hurt myself, my relationship with God, and others.

Lord, I ask for the grace of seeing my own sin.

With humble trust, I come before You asking for mercy & forgiveness.

I see the younger son as prideful, disobedient, selfish, wasteful.

The older son: 'overachiever,' 'rule follower,' prideful, hardhearted.

In both cases, their sins [my sins] keep us away from the Father.

Jesus is the True Son, Eternal Son of the Father, & the Son of Mary.

Jesus goes out to be with sinners– to draw them back to the Father!

Jesus is the eternal, faithful Son. He is the Way, the Truth and the Life.

D. Questions

1. Which 'son' am I most similar to? the younger son? older son?
2. How do I let the sinfulness of others 'drag me down?'
-into temptation, anger, frustration?
2. How does the Father respond to the 2 sons in the story? To me?
3. What is one good experience I've had in Confession?
4. Is there anyone that I need to apologize to? That I need to forgive?

E. Contemplation [John 19:26-34]

Stand before Jesus on the Cross; stand next to Mary and St John

Jesus looks at Mary and then says to me, "Behold your Mother."

He looks at me and then says to Mary, "Behold your child."

His blood unites us with Mary Our Mother & Jesus Our Brother,

From His Sacred Heart, He pours out Blood and Water:

-water and blood are images of baptism & the Eucharist

-Sacraments = healing and communion in the Church!

Is there anything I want to say to Jesus? to Mary?

Do they want to say anything to me?

E. Closing Prayer.

Sacred Heart of Jesus, have mercy on us! [repeat 3 times]

Step 3. In a Broken World: Broken Hearts & Divine Mercy



Step 4. The Father Sends His Son to Save US

Encountering the Heart of Jesus through Gospel Contemplation

- grace: encountering the Hearts of Jesus and Mary in contemplation

A. Opening Prayer.

Hail, Mary, full of grace...

B. Bible. Annunciation, Luke 1:26-38

The angel Gabriel was sent from God to a town of Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you."

But she was greatly troubled at what was said and pondered what sort of greeting this might be.

Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High...& of his kingdom there will be no end."

But Mary said to the angel, "How can this be, since I have no relations with a man?"

And the angel said to her in reply, "The holy Spirit will come upon you, and the power of the Most High will overshadow you...And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God."

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

C. Reflection

Use your imagination to 'see this scene' in prayer.

Use your five senses: see, hear, touch, taste, smell.

What does Mary's room look like? Is it daytime? Night? Hot or cool?

What is the expression on Mary's face? Her appearance?

What emotions are in her heart, animating her face and words?

St Ignatius calls us to consider how:

"God did all of this, becoming man for me."

D. Questions

-How do you feel as you look upon Mary and the angel?

-St Ignatius encourages us to "place ourselves in the scene, as if I were a faithful servant or a devoted friend."

-Imagine yourself as a relative of Mary, in the room with her.

-Is there anything you wish to say to her? to the angel?

-to the child Jesus, conceived within Mary?

-Is there anything Mary wishes to say to you?

E. Closing Prayer.

Repeat Hail Mary.

Bonus: you may want to continue your prayer with the Birth of Jesus:

Matthew 1-2, Luke 1-2.

Use this method to focus on Mary, Joseph and Jesus

-their faces, emotions, and hearts!

Contemplation method based on the writings of St Ignatius Loyola.

More info in his Spiritual Exercises, #54, 101-126

**Step 4. The Father Sends
His Son to Save US**

Step 5. He Calls us Friends: Walking with Jesus

Walking on the water,
Jesus reaches out to
catch Peter, Matthew 14:31



1. Opening Prayer. Anima Christi

Soul of Christ, sanctify me; Body of Christ, save me
Blood of Christ, inebriate me
Water from the side of Christ, wash me
Passion of Christ, strengthen me
O good Jesus, hear me; Within Thy wounds hide me
Permit me not to be separated from Thee
From the wicked foe defend me
In the hour of my death call me, And bid me come to Thee
That with Thy saints and angels
I may praise Thee, Forever and ever. Amen

2. Bible. Luke 5:1-11. Call of St Peter

The crowd was pressing in on Jesus and listening to the word of God. He was standing by the Lake of Gennesaret. He saw two boats there; the fishermen had disembarked and were washing their nets. Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, "Put out into deep water and lower your nets for a catch."

Simon said in reply, "Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking.

When Simon Peter saw this, he fell at the knees of Jesus and said, "Depart from me, Lord, for I am a sinful man." For astonishment at the catch of fish they had made seized him and all those with him, and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, "Do not be afraid; from now on you will be catching men." When they brought their boats to the shore, they left everything and followed him.

3. Reflection

Review the method of Gospel Contemplation from Step 4, part C.

Use this same method here. Imagine the scene.

Use your five senses [see, hear, touch, taste, smell].

Look at the expression on Jesus' face, and on the face of Peter. Imagine yourself there helping to wash the nets,
and helping to lower the nets back into the lake.

4. Questions

What emotions, in the Heart of Jesus, animate His words & actions?

How do you feel as you see Jesus and Peter?

How do you feel [physical, emotional] as you join in this labor?

What do you want to say to Peter in prayer? To ask him?

What does Peter say to you?

What do you want to say to Jesus? To ask Him?

What does Jesus say to you?

Jesus called Peter. How does Jesus call you now?

-to deeper prayer? to service? to a new [or renewed] mission?

4. Closing Prayer

Repeat Anima Christi

**Step 5. He Calls us Friends:
Walking with Jesus**



Step 6. Christ Abides in Us

Eucharist: Took, Blessed,
Broke, Gave

A. Prayer. Suscipe of St Ignatius [SOO-ship-ay; Latin for 'offering']

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,

All I have and call my own.

You have given all to me; To you, Lord, I return it.

Everything is yours; do with it what you will.

Give me only your love and your grace, that is enough for me.

B. Bible. Matt 26:17-30. The Last Supper, instituting the Eucharist

On the first day of the Feast of Unleavened Bread, the disciples approached Jesus and said, "Where do you want us to prepare for you to eat the Passover?" He said, "Go into the city to a certain man and tell him, 'The teacher says, "My appointed time draws near; in your house I shall celebrate the Passover with my disciples."'"

The disciples then did as Jesus had ordered, and prepared the Passover.

When it was evening, he reclined at table with the Twelve. While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying,

"Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father." Then, after singing a hymn, they went out to the Mount of Olives.

C. Reflection

Using your five senses, imagine yourself there with Jesus and the disciples in the Upper Room. There Jesus institutes the Eucharist, offering us His Body and Blood. He shares Himself with us at every Mass. Jesus takes, blesses, breaks and gives the Eucharist. Jesus is also 'taken, blessed, broken, and given' for us. In Him, our hearts are transformed– taken, blessed, broken and given for others.

D. Questions: Jesus Took, Blessed, Broke & Gave

1. The Father took the Son & 'set him apart' for a mission of salvation.

-How have you been 'taken,' and set apart by God?

-When did you receive/deepen your faith?

-In baptism, at 1st Communion, high school or college retreat?

2. Jesus is truly blessed by the Father.

The Father blessed the Son with His grace, power, wisdom and love.

-How has God blessed you?

-What are some of the gifts/ graces God has given you?

-Through family and friends? Special moments in prayer?

-Times/ways that God has blessed you?

3. The Heart of Jesus is broken as He hangs upon the cross; blood and water pour out from His pierced Heart.

-How have you been wounded and broken?

Through your own sins? Through the sins of others?

-What areas of your life need ongoing healing? How have your wounds 'broken open' your heart in compassion toward others?

4. Jesus gave Himself to us: in the Incarnation, ministry, Eucharist.

-Name one time Christ gave you a gift [prayer, friendship].

-Describe one positive/joyful experience of 'giving yourself' to others

-in family, serving others, at school/parish

E. Closing prayer. Repeat 'Suscipe' prayer

Step 6. Christ Abides in Us

Step 7. We Offer Our Lives with Him

Encountering the Hearts of Jesus and Mary in Lectio Divina



A. Prayer. Daily Offering.

O Jesus, through the Immaculate Heart of Mary,
I offer You my prayers, works, joys, and sufferings of this day
in union with the Holy Sacrifice of the Mass throughout the world.
I offer them for all the intentions of Your Sacred Heart:
the salvation of souls, reparation for sin,
and the reunion of all Christians.
I offer them for the intentions of our bishops
and of all Apostles of Prayer,
and in particular for those recommended
by our Holy Father this month:
[monthly intentions here: PopesPrayerUSA.net/popes-intentions/]

B. Bible: The Heart

1. Lord, You have searched me and you know me...Search me, God,
know my heart; try me, know my thoughts [Ps 139: v1, v23]
2. Love the LORD, your God, with your whole heart [Deut 6:4-5]
3. I will write my law upon their hearts [Jer 31:33]
4. I will give you a new heart, a new spirit I will put within you. I will
remove your heart of stone & give you a heart of flesh [Ez 36:26]
5. One of his disciples, the one whom Jesus loved, was reclining at
Jesus' side. [John rests his head on the heart of Jesus; John 13:23].
6. One soldier thrust his lance into his side; immediately blood
& water flowed out" [John 19:34. The Sacraments of the Church
flow from the Heart of Jesus; water = baptism, blood = Eucharist]

C. Reflection: Saints of the Sacred Heart

1. I could plainly see His heart, pierced and bleeding,
yet there were flames, too, coming from it and a crown of thorns
around it. He told me to behold His Heart which so loved humanity.
Then He seemed to take my very heart from me
and place it there in His heart.

In return He gave me back part of His flaming heart.

-vision of St Margaret Mary Alacoque; 1647-1690, France

2. This Heart is still the same, always burning with love for us,
always open so as to shower down graces and blessings upon us,
always touched by our sorrows,
always eager to impart His treasures to us and to give Himself to us,
always ready to receive us, to be our refuge,
our dwelling place, and our heaven even in this world.

-retreat notes, St Claude Colombiere SJ; friend of St Margaret Mary

D. Questions

Lectio divina is a method of prayer known as 'holy reading.'

1. Choose one of these Bible passages and read it slowly, prayerfully.

-what is one word/image that speaks to your heart?

-how is Jesus speaking to you in this passage?

-inspired by this passage, what do you want to say to Jesus?

2. Choose one of the reflections of St Margaret or St Claude

-what is one word/image that speaks to your heart?

-how is Jesus speaking to you in this passage?

-inspired by this passage, what do you want to say to Jesus

E. Closing prayer: Quietly offer your heart to the Heart of Jesus.

F. Bonus! Sacred Heart Traditions & Devotions

Daily: pray the 'Daily Offering' with the pope's intention

Weekly: try to attend a Eucharistic Holy Hour and/or weekday Mass

Monthly: on 1st Fridays, honor the Sacred Heart [9 consecutive]

on 1st Saturdays, honor the Heart of Mary [5 consecutive]

Yearly: enthronement of Sacred Heart [info: welcomehisheart.com/]

consecrate your heart to His Heart; solemnity of SH in June

Step 7. We Offer Our Lives with Him



Step 8. A Mission of Compassion

Praying, loving & and serving others with Christ the King

A. Prayer of St Francis.

Lord, make me a channel of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

B. Bible. Good Samaritan [Luke 10:29-37] “Who is my neighbor?”

Jesus replied, “A man fell victim to robbers as he went down from Jerusalem to Jericho. They stripped and beat him and went off leaving him half-dead. A priest happened to be going down that road; when he saw him, he passed by on the opposite side. Likewise a Levite came to the place; seeing him, he, too, passed by on the opposite side.

But a Samaritan traveler who came upon him was moved with compassion at the sight. He approached the victim, poured oil and wine over his wounds and bandaged them. Then he lifted him up on his own animal, took him to an inn and cared for him. The next day he took out two silver coins and gave them to the innkeeper with the instruction, ‘Take care of him. If you spend more than what I have given you, I shall repay you on my way back.’”

Turning to the man, Jesus asked, “Which of these three, in your opinion, was neighbor to the robbers’ victim?”

He answered, “The one who treated him with mercy.”

Jesus said to him, “Go and do likewise.”

C. Reflection. Mission of the Apostleship of Prayer.

1. "Be missionaries already through your prayer, by the offering of your daily life. Your mission is here and now, in your studies and [labors,] the little things of every day. In fulfilling it through being open to the will of God, you are already apostles who are helping the entire Church. Pray for the people you will meet tomorrow."

-Fr FX Gautrelet SJ, to young Jesuits in France, Dec 3, 1844

2. Christ himself "consecrated the first 30 years of his mortal life exclusively to the Apostleship of Prayer."

-Fr Henri Ramiere SJ, Handbook of the Apostleship of Prayer, 1864

3. "We are called to be witnesses and messengers of God's mercy, to offer the world a perspective of light where darkness is, of hope where despair reigns, of salvation where sin abounds. To enter into prayer is to enter with my heart into the Heart of Jesus."

-Pope Francis: Mass for 175th anniversary, Apostleship of Prayer

D. Questions.

1. See yourself before Christ the King. Speak with him about these Qs:

"What have I done for you & your people? What am I doing for you? What will I do for you?" How does he respond?

2. Is there 1 small thing Christ is calling you to now?

A phone call to an elderly relative? Going to confession?

3. Is there 1 big thing Christ is calling you to [even if your role may be small]? Serving the poor? Donating to a Catholic charity?

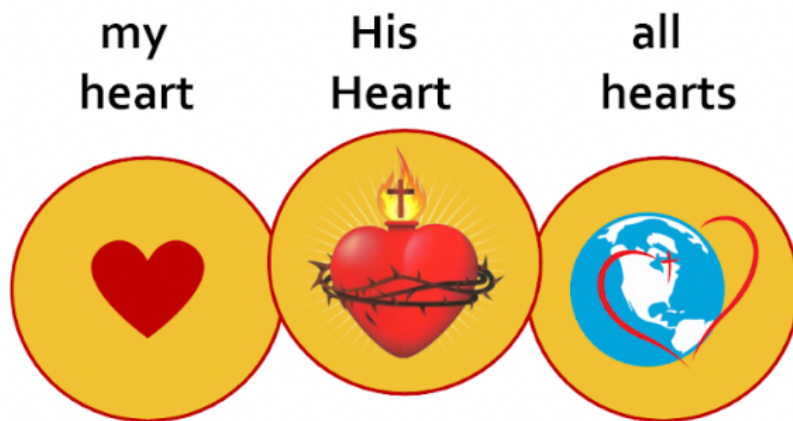
4. Each month, the pope gives us a special prayer intention; together we pray and work in a "mission of compassion." Choose one of his intentions and pray with it. Then, do a quick internet search to learn more. Is there something small that you can do to help? Volunteering, donating? info: PopesPrayerUSA.net/popes-intentions/

E. Closing prayer. Repeat Prayer of St Francis

Step 8. A Mission of Compassion

Step 9. Worldwide Network of prayer & service:

the Heart of the Body of Christ, the Church



A. Prayer.

Sacred Heart of Jesus, have mercy on us!

Sacred Heart of Jesus, unite my heart with your heart!

Sacred Heart of Jesus, make my heart like your heart!

Heart of Mother Mary, pray for us!

B. Reflection: Put your hand on your heart.

Put your hand on your heart. Feel your heartbeat for 30 seconds.

Perhaps your heart is beating slowly & peacefully as you finish retreat.

Ask, "Jesus, how have you shaped my heart on this retreat?"

-“Lord, how you have changed my heart through the 9 steps?”

Note the emotions underneath your heartbeat.

Maybe a quiet joy? Or, a bit of worry or anxiety.

“Jesus, how do you feel as you look upon my heart?”

“Lord, I ask to unite my emotions and experiences with your Heart.”

Ask Jesus to unite your heart with his heart once again.

With Jesus, look upon the hearts the people in your daily life—

-your classmates, your family, your neighbors, your parish community.

Is there one heart that he wants to bless through you?

One older person, one poor person, one relative?

Lift up that person's heart to Jesus in prayer.

"Lord, your Heart is the center of the Body of Christ, the Church.

Your heart which is filled with love for me and for every heart!

Lord Jesus, once again I offer my heart to your heart for all hearts."

Lord, I ask you to touch many hearts through my hearts— through my prayer and service in the Body of Christ, the Church.

C. Meditation. Look over the 9 steps of The Way of the Heart.

1. Ask Jesus, "What is 1 grace/ blessing you gave me in the 9 steps?"

-ex: one meditation or Bible passage that was fruitful for you?

-thank him for this grace!

2. How do you feel as you conclude this retreat?

-joyful, hopeful, tired, upset? tell Jesus how you feel

-ask him how he feels as he sees you finishing this retreat

3. What is grace were you seeking when you began this retreat?

-guidance regarding a decision? forgiveness from a sin?

-did Jesus give you this grace? Or another grace?

-speak with him about this

4. Ask Jesus: "What do you want me to do as I finish this retreat?"

-ex: make time for daily prayer [rosary or 15 min with Bible]

-or, serving the poor, helping at your parish, etc

-ask Jesus: "What do you want to do for me as I finish retreat?"

D. Discussion.

Talk with the group, sharing a few graces from the reflection and meditation above.

What is the pope's prayer intention this month?

-Can you do something small to serve this intention?

-How can you strengthen the 'network'

of prayer service in the Church?

-ex: a small act or prayer or service at your school or parish?

E. Conclusion.

Repeat the opening prayer.

**Step 9. Worldwide Network of
prayer & service:**

MY HEART
His Heart
ALL HEARTS

To discover additional valuable resources that can nourish your faith, we encourage you to explore the website of the Pope's Worldwide Prayer Network at popesprayerusa.net

We're thrilled to offer you this complimentary Way of the Heart devotional, and we'd be delighted if you could extend the invitation to your friends, family, and fellow parishioners. We invite you to encourage them to visit popesprayerusa.net and sign up to pray with the Holy Father. This special free gift is reserved exclusively for our dedicated subscribers. Your support means the world to us!