

Heart of Jesus, *source of justice and love*

June 4



Pray

When contemplating the Sacred Heart as the source of justice and love, we connect Christ's love for us with our love for others. As Pope Francis said in *Dilexit Nos*, "Our best response to the love of Christ's heart is to love our brothers and sisters. There is no greater way for us to return love for love" (no. 167). As we meditate on the love Christ has for us, let us pray this [Prayer to the Sacred Heart of Jesus for Love and Mercy.](#)



CNS photo / Lola Gomez

Lord Jesus,
You gave your life for us.
Your Sacred Heart is ablaze with love.
Your hand extends towards me, and towards all,
offering love, mercy, and healing.
Sacred Heart of Jesus may your love transform me.
Burn away my hesitation that I may become your
love and radiate your mercy.
Amen.

Novena to the Sacred Heart of Jesus

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Learn

Saint Margaret Mary Alacoque, who reflected on the Sacred Heart wrote, “I received from my God excessive graces of his love, and I felt moved by the desire to respond to some of them and to respond with love for love” (Autobiography, no. 55).

Both Pope Francis in *Dilexit Nos* and Pope Leo XIV in *Dilexi Te* teach us that our encounter with the love of Christ’s heart allows us to build up God’s kingdom in this world. Pope Leo emphasizes that “God has a special place in his heart for those who are discriminated against and oppressed, and he asks us, his Church, to make a decisive and radical choice in favor of the weakest” (*Dilexi Te*, no. 16).

For centuries, the Church has established missions centered on the love of the heart of Christ, such as the Society of the Sacred Heart founded in 1800. The Society states in its constitution: “Caught up as we are in the desires of the heart of Jesus, we want people to grow in dignity, as human beings and as children of God. Our starting point is the Gospel, with all that it demands from us of love, forgiveness and justice, and of solidarity with those who are poor and rejected by the world” (*Constitutions of 1982*, 7).

Act

Consider who is rejected, vulnerable, or living in fear today. How does the Sacred Heart invite you to respond to the needs and suffering of others? You can get involved with your local Catholic Charities, Society of Saint Vincent de Paul, or a Catholic Campaign for Human Development funded group. You can also use this resource, [Catholic Social Teaching Mustard Seed Commitments](#), to make small, sustainable commitments to care for your neighbors. Finally, consider [praying for all elected officials](#) that they may have the guidance and wisdom to create a just, peaceful society that honors the human dignity of all people living in our nation.

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