



Hearts Transformed Daily Practice

Jesus thank you for living this moment in me!

Every breath. Every heartbeat. Every Experience.

Step 1: Clothe Your Life in Jesus. (5 minutes)

I Ask the Holy Spirit to guide & empower me now.

I meditate on Jesus living His Life in me & through me today.

I ask to be deeply sensitive to His Heart of Limitless Love in me.

I choose to shine His light in all my thoughts, words, & actions.

Step 2: Pray the Prayer of Aspiration. (10-15 minutes.)

Jesus thank you for living this moment in me!

Every breath... I unite my life to Your Spirit as a prayer.

Every heartbeat... I unite with Your Heart of Limitless Love.

Every experience... I unite with Your Merciful Presence... surrendering all feelings, thoughts, joy & pain... resting entirely in You.

Step 3: Pray Without Ceasing. (1 Thessalonians 5:17)

Pray the prayer of aspiration throughout your day.

Take 15 second prayer breaks with Jesus and His Heart of Limitless Love.

Rest in Him. The goal is growing in sensitivity to Jesus & His Heart of Love in us.

Never get discouraged. Begin again and again. Let the prayer take root in you.

Step 4: End Of The Day Review. (5 minutes)

Briefly examine your day. Be thankful for all your experiences. Remember the times you were aware of Jesus and His Heart of Love in you. Ask forgiveness for the times you were not sensitive to Him. Thank Him for His Unlimited Mercy.

Dear Jesus, help me to spread Your fragrance everywhere I go. Flood my soul with Your spirit and life. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Yours. Shine through me and be so in me that every soul I come in contact with may feel Your presence in my soul. Let them look up and see no longer me but only Jesus! -Blessed John Henry Newman



HEARTS TRANSFORMED

Lectio Divina

How we Study the Material in HT.

- **LECTIO**: *read the scripture passage or assigned reading (aloud if possible).*
- **MEDITATIO**: *reflect on and think about what you are reading. What might this mean in my life? Wait for an “AHA” moment.*
- **ORATIO**: *dialogue with Jesus in prayer about what specific word or line that stands out. What is your response to him in light of this?*
- **CONTEMPLATIO**: *rest silently and let Jesus, Word of God, live his Words in you. Dwell in his loving presence.*
- **ACTIO**: *decide how you will respond and let Jesus live this teaching in you today.*

Consider writing in your journal about your insights.

Catechism of the Catholic Church 2706:

To meditate on what we read helps us to make it our own by confronting it with ourselves. Here, another book is opened: the book of life. We pass from thoughts to reality. To the extent that we are humble and faithful, we discover in meditation the movements that stir the heart and we are able to discern them. It is a question of acting truthfully in order to come into the light: "Lord, what do you want me to do?"