



HEARTS TRANSFORMED

LEARNING MODULE # 2. The Heart of Jesus.

◆ **Daily Step 1:** 10-20 minutes with the HT Daily Practice blue sheet you were given on the Opening Retreat.

◆ **Daily Step 2:** 10-20 minutes daily doing *Lectio Divina* (slow, prayerful, reflective reading) with the material provided below.

Keep this quote in your heart and mind as you go through this module...

"Prayer is the life of the new heart. It ought to animate us at every moment... We must remember God more often than we draw breath."
-Catechism of the Catholic Church (CCC) # 2697

- Day 1 Who is Jesus in me? The Way, the Truth, the Life.
Assignment: Pray with John 14:1-7 & *Catechism of the Catholic Church* (CCC) #519,520. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 2 Who is Jesus in me? The Incarnation of Divine Love.
Assignment: Pray with 1 John 4:16-19 & CCC # 826. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 3 Who is Jesus in me? The Revelation of Divine Mercy.
Assignment: Pray with Matthew 5:7 & CCC #2001. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 4 Who is Jesus in me? The New Heart.
Assignment: Pray with Ezekiel 36: 25-27 & CCC #2697. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 5 Daily Spiritual Practice: Moving toward my 10,000 hours!
Assignment: Pray with Luke 6: 46-49 & CCC #2710. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 6 Daily Spiritual Practice: Moving toward my 10,000 hours!
Assignment: Pray with Philippians 4:4-7 & CCC #2725,2726. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 7 Daily Spiritual Practice: Moving toward my 10,000 hours!
Assignment: Pray with Mark 12:28-30 & CCC #2565. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 8 Daily Spiritual Practice: Moving toward my 10,000 hours!
Assignment: Pray with John 7:37-39 & CCC #2609-2612. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.
- Day 9 Daily Spiritual Practice: Cultivating the New Heart of Jesus in us.
Assignment: Pray with Matthew 5:8 & CCC #2666-2669. Finish by praying *Jesus thank you for living this moment in me.* Pray it with Him slowly.

- Day 10 Daily Spiritual Practice: Cultivating the New Heart of Jesus in us. Assignment: Pray with Ephesians 1:15-23 & CCC # 478. Finish by praying *Jesus thank you for living this moment in me*. Pray it with Him slowly.
- Day 11 Daily Spiritual Practice: Cultivating the New Heart of Jesus in us. Assignment: Pray with Colossians 3:15-17 & CCC # 2715. Finish by praying *Jesus thank you for living this moment in me*. Pray it with Him slowly.
- Day 12 Daily Spiritual Practice: Cultivating the New Heart of Jesus in us. Assignment: Pray with 1Thessalonians 3:12 & CCC # 1698. Finish by praying *Jesus thank you for living this moment in me*. Pray it with Him slowly.

• **A Daily Prayer to Contemplate and Pray:**

- *O God what will you do to conquer the fearful hardness of our hearts? Lord, you must give us new hearts, tender hearts, sensitive hearts...You must give us your own heart Jesus. Come loveable Heart of Jesus. Place your heart deep in the centre of our hearts...O holy Heart of Jesus, dwell hidden in my heart, so that I may live only in you and only for you, so that, in the end, I may live with you eternally in heaven. Amen. -St. Claude de la Colombiere*

From the Saints:

- *The Heart of the Crucified and Risen Christ is the inexhaustible source of grace and mercy from which every individual can always draw love, truth, and mercy. -St John Paul II*
- *Although the desert is fearful, I walk with lifted head and eyes fixed on the Sun; that is to say on the merciful heart of Jesus. -St Faustina*