



# HEARTS TRANSFORMED

LEARNING MODULE # 5

## *The Heart That is Broken*

- ◆ **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 following material.

- **Day 1: Man in Paradise**

Assignment: Prayerfully read CCC #374-379.

Please note that the original plan for man and woman is that we be in a state of harmony with God, with each other, with creation, and within ourselves.

**Jesus, thank you, for your healing presence in me**

- **Day 2: The Fall and Original Sin**

Assignment: Prayerfully read CCC #396-401 and Genesis 3:1-13

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- **Day 3: The Meaning of 'Concupiscence' and the Battle Against it**

Assignment: Prayerfully read CCC # 407-409, 2515-16

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- **Day 4: We are Split**

Assignment: Pray with this quote from Vatican II...

"Although he was made by God in a state of holiness, from the very onset of his history man abused his liberty, at the urging of the Evil One.... Therefore man is split within himself. As a result, all of human life, whether individual or collective, shows itself to be a dramatic struggle between good and evil, between light and darkness. Indeed, man finds that by himself he is incapable of battling the assaults of evil successfully, so that everyone feels as though he is bound by chains. But the Lord Himself came to free and strengthen man, renewing him inwardly and casting out that 'prince of this world' (John 12:31) who held him in the bondage of sin. For sin has diminished man, blocking his path to fulfillment." (*Gaudium et Spes* #13)

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## • Day 5: Jesus Came for Healing

Assignment: Pray with these scriptures and comments from Fr. Basil...

*“For the Son of Man has come to seek and to save that which was lost.”*  
(Luke 19:10)

If we were not lost, then we would not need him. We must be lost.

*“Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”*  
(Matthew 20:28)

If the world did not own us, we would not need to be ransomed. The evil of the world must have a hold on us.

*“I came that they may have life, and have it abundantly.”* (John 10:10)

If we already had abundant life, we would not need him to supply it. We must not be living life to the full.

*“Therefore Pilate said to Him, ‘So You are a king?’ Jesus answered, ‘You say correctly that I am a king. For this I have been born, and for this I have come into the world.’”* (Jn 18:37)

If we already knew what to do and who to listen to, we would not need a king. We are without direction and without law.

*“Christ Jesus came into the world to save sinners.”* (I Timothy 1:15)

If we were not sinners, we would not need a redeemer.

*“The Son of God appeared for this purpose, to destroy the works of the devil.”*  
(I John 3:8)

If the Devil did not exist, we would not need to be saved from him.

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- **Day 6: Surrender**

Assignment: Meditate with this prayer and then pray it sincerely...

*“Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and thy grace, for this is sufficient for me.”* St. Ignatius of Loyola

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- **Day 7: Healing and Forgiveness**

Assignment: Pray with CCC 1425, Romans 2:1, Mat 6:9-15, & Lk 6:37,38

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- **Day 8: Ongoing Conversion and Healing**

Assignment: Pray with CCC 1427-1432 & John 8:31-36

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- **Day 9: Healing and the Purification of False Images of God**

Assignment: Pray with CCC # 239, 2779, & John 14:1-9

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- **Day 10: The Church and Healing**

Assignment: Pray with this quote & Mark 2:1-12

*“I see clearly that the thing the church needs most today is the ability to heal the wounds and to warm the hearts of the faithful; it needs nearness, proximity. I see the church as a field hospital after battle. It is useless to ask a seriously injured person if he has high cholesterol and about the level of his blood sugars! You have to heal his wounds. Then we can talk about everything else. Heal the wounds, heal the wounds.... And you have to start from the ground up.”* Pope Francis

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- **Day 11: The Healing Sacraments**

Assignment: Pray with CCC 1420,1421 and Jn 20:19-23, James 5:13-20

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- **Day 12: Healing and Community**

Assignment: Pray with this quote & Hebrews 10:19-25, Acts 2:1, 43-47

“The Christian ideal will always be a summons to overcome suspicion, habitual mistrust, fear of losing our privacy, all the defensive attitudes which today’s world imposes on us. Many try to escape from others and take refuge in the comfort of their privacy or in a small circle of close friends, renouncing the realism of the social aspect of the Gospel. For just as some people want a purely spiritual Christ, without flesh and without the cross, they also want their interpersonal relationships provided by sophisticated equipment, by screens and systems which can be turned on and off on command. Meanwhile, the Gospel tells us constantly to run the risk of a face-to-face encounter with others, with their physical presence which challenges us, with their pain and their pleas, with their joy which infects us in our close and continuous interaction. True faith in the incarnate Son of God is inseparable from self-giving, from membership in the community, from service, from reconciliation with others. The Son of God, by becoming flesh, summoned us to the revolution of tenderness.

Isolation, which is a version of immanentism, can find expression in a false autonomy which has no place for God. But in the realm of religion it can also take the form of a spiritual consumerism tailored to one’s own unhealthy individualism. The return to the sacred and the quest for spirituality which mark our own time are ambiguous phenomena. Today, our challenge is not so much atheism as the need to respond adequately to many people’s thirst for God, lest they try to satisfy it with alienating solutions or with a disembodied Jesus who demands nothing of us with regard to others. Unless these people find in the Church a spirituality which can offer healing and liberation, and fill them with life and peace, while at the same time summoning them to fraternal communion and missionary fruitfulness, they will end up by being taken in by solutions which neither make life truly human nor give glory to God.

Genuine forms of popular religiosity are incarnate, since they are born of the incarnation of Christian faith in popular culture. For this reason they entail a personal relationship, not with vague spiritual energies or powers, but with God, with Christ, with Mary, with the saints. These devotions are fleshy, they have a face. They are capable of fostering relationships and not just enabling escapism. In other parts of our society, we see the growing attraction to various forms of a “spirituality of well-being” divorced from any community life, or to a “theology of prosperity” detached from responsibility for our brothers and sisters, or to depersonalized experiences which are nothing more than a form of self-centredness.”

Pope Francis (The Joy of the Gospel 88-90)

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***(Need more? The Sacraments of Healing in full...CCC 1420-1532)***