



## January Domestic Church Project

As we move out of the holy season of Christmas, it is important for us to remember that what we have just celebrated with lights, gifts, family and food (probably lots of food) is the Mystery of our God being so in love with us that he chose to become like us, to live with us, and to share with us his joy. Jesus, the Son of God and Word become Flesh, remains with us in his Holy Spirit and in the Eucharist. **In short, at Christmas we celebrate God coming into the world, and the rest of the year we celebrate that he chooses to stay with us!**

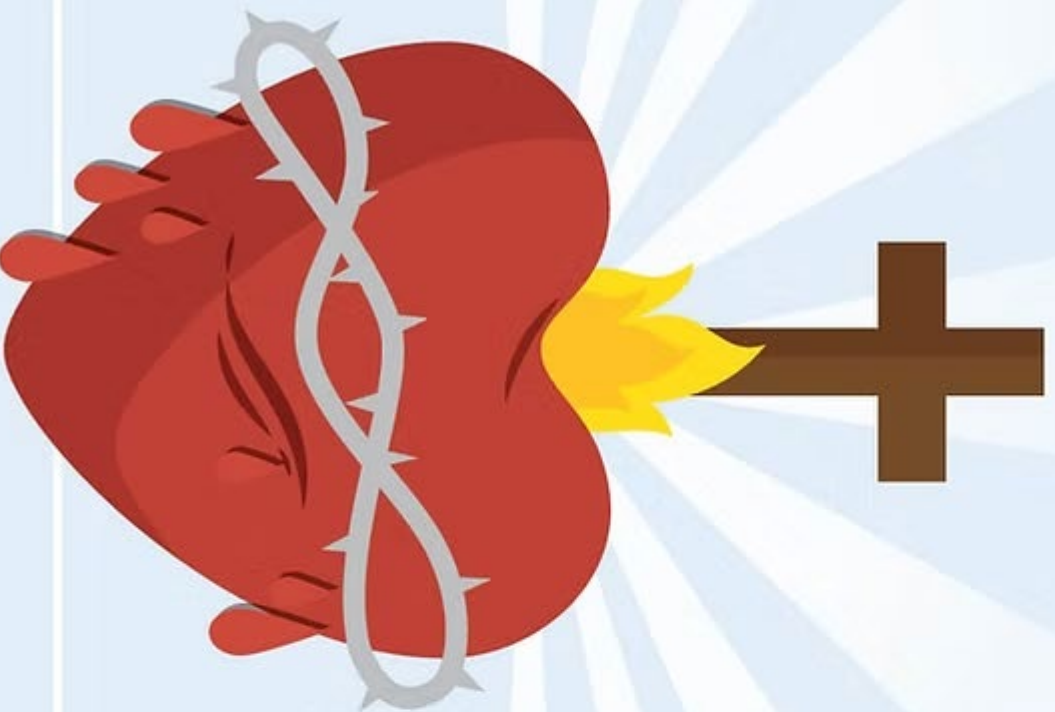
Our faith teaches us that Jesus is both Fully God and fully human. He is not part God and part human. He is not God pretending to be or only appearing to be human. **Jesus is both God and human at the same time.** This can be a very hard idea to understand, even for grownups. Think of it this way – you are an individual person, but you are also part of a family. Being part of a family doesn't make you any less who you are as a person and being you doesn't separate you from your family. You are both at the same time, just as Jesus is both God and human. The one does not limit the other.



It is important for us to keep this truth in mind. Sometimes we can think of Jesus only as being God and that can make him seem distant and strange. When we recall that Jesus is also fully human – just like us in all things but sin – we can draw close to him and trust that he knows and understands everything we go through in our lives, both the good and the not-so-good. One way to help us remember that Jesus is human like us is through a special kind of prayer – called a devotion – to his **Sacred Heart**. Pope Francis before he died, left us a beautiful meditation of the Sacred Heart. In it, he wrote: **“Entering into the heart of Christ, we feel loved by a human heart filled with affections and emotions like our own. Jesus’ human will freely chose to love us ... It is precisely in his human love, and not apart from it, that we encounter his divine love.”**

For our **January Domestic Church Project**, you are invited to spend some time thinking about Jesus' Sacred Heart and praying that Jesus may make your heart more like his. Read the attached explanation of the image of the Sacred Heart. Print and color the image. As a family, offer the **Prayer to the Sacred Heart** for nine days in a row, maybe at mealtime or before bed. Send us some pictures or thoughts.

# The Scared of Heart of Jesus



**The Cross** symbolizes Jesus's redemptive sacrifice, offering salvation and reconciliation to all.

**The Light** or sun behind the heart represents God's presence and guidance.

**The Flames** represent the transformative and purifying power of God's Love.

**The Heart** is the natural symbol for representing the depth of Christ's love for humanity.

**The Crow of Thorns** represents the suffering & agony of the Lord in His Passion.

**The Wound** symbolizes Jesus's suffering and sacrifice for the sins of the world and the new life that now flows from his death and resurrection.

**The Blood** symbolizes the new life and salvation offered through his sacrifice.

## **Daily Prayer to the Sacred Heart of Jesus:**

O most holy Heart of Jesus, fountain of every blessing,  
I adore you, I love you, and with a lively sorrow for my sins  
I offer you this poor heart of mine.  
Make me humble, patient, pure, and wholly obedient to your  
will.

Grant, good Jesus, that I may live in you and for you.

Protect me in the midst of danger,  
comfort me in my afflictions,  
give me health of body,  
assistance in my temporal needs,  
your blessings on all that I do,  
and the grace of a holy death.

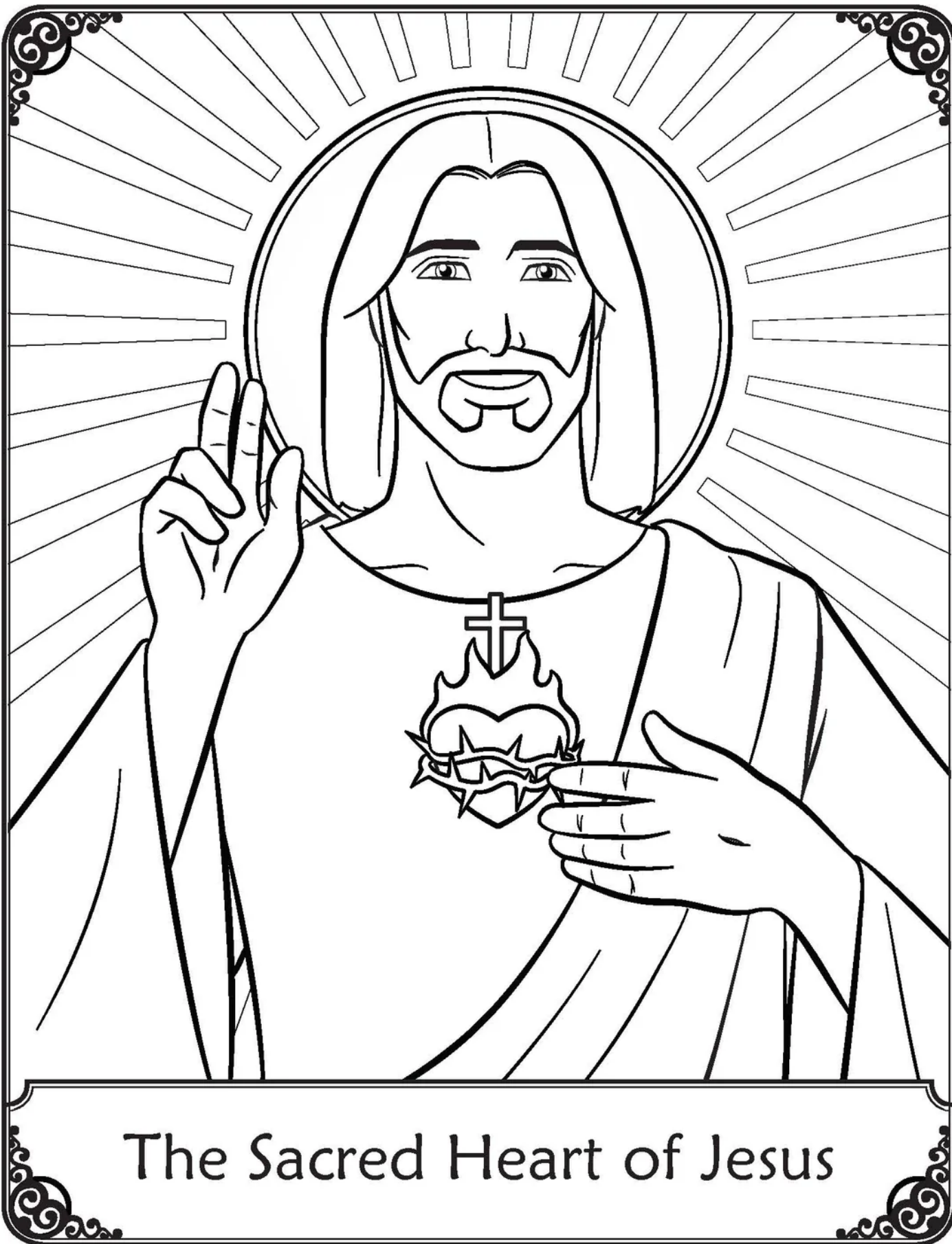
Within your heart, I place my every care.

In every need let me come to you with humble trust saying,

Heart of Jesus, help me.

Jesus, make my heart more like yours.

Amen



# The Sacred Heart of Jesus