

The Sacred Heart - Study Guide

Diving Deeper:

The Sacred Heart symbolizes the love and mercy of God. Have you ever had trouble believing or trusting God's love and mercy? In what ways could you increase your trust?

Jesus' heart represents His burning love that has been wounded by our sins. How can you repay Jesus for all He has done for you? How can you grow in love with Him?

Think about Jesus' sacrifice for you. How could you make your heart completely available to the Sacred Heart, approaching Him without fear, showing Him your inner wounds and sins, asking Him to change your heart?

Activity

Classroom Activity

Together read and reflect on the biblical passage from John 20:25-28, about the unbelief of His love for us. Reflect especially on how we can spread the message of love and goodness. Finally, they all share their thoughts.

Everyday Life Activity

In the next few days, try to make a Holy Hour and reflect on how the heart of Jesus remains open to us in spite of our questions and doubts. Repeat the phrase: "Jesus, I trust in you" in a meditative way and renew your confidence in the love that Jesus has for you.

Resources

[What Is the Sacred Heart of Jesus?](#)

[Scott Hahn on the Sacred Heart of Jesus](#)

[Understanding the Devotion to the Sacred Heart of Jesus and What it Means](#)

[Devotion to the Sacred Heart of Jesus](#)

[Everything You Need to Know About the Devotion to the Sacred Heart of Jesus](#)