

# Bible Study on the Sacred Heart

*Youth Version*

## A Summer of Purpose and Love

When you look at the news or scroll through social media, it's pretty obvious that our country is hurting right now. There is a lot of anger, division, and loneliness. As the United States gets ready to celebrate its 250th birthday, the bishops aren't just asking us to throw a party—they are asking us to lead the charge in healing our country by consecrating it to the Sacred Heart of Jesus.

Why spend your summer studying the Sacred Heart? Because it is the ultimate blueprint for changing the world. Jesus' heart is completely focused on loving the outcast, fighting for truth, and showing radical mercy. We aren't just called to pray about it; the Church is challenging us to step up with "250 Works of Mercy". By studying the Sacred Heart this summer, you will discover how to bring the fire of Christ's love into your school, your friend groups, and your community. True freedom and justice start when we learn to see the face of Jesus in every single person we meet.

## Week 1 (Teen Version): The Wounded Heart

### 1. Opening Prayer

*Lord Jesus, I give You my hands to do Your work. I give You my feet to go Your way. I give You my eyes to see as You do. I give You my tongue to speak Your words. I give You my mind that You may think in me. I give You my spirit that You may pray in me. Above all, I give You my heart that You may love in me. Amen.*

### 2. Scripture and Meditation

**Scripture (John 19:31-34, 37):** *"Because the Jewish leaders did not want the bodies left on the crosses during the Sabbath, they asked Pilate to have the legs broken and the bodies taken down... But when they came to Jesus and found that he was already dead, they did not break his legs. Instead, one of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water... And, as another scripture says, 'They will look on the one they have pierced.'"*

**Meditation:** When Pope Francis wrote *Dilexit Nos* ("He loved us"), he wanted to remind us that in a world obsessed with screens, followers, and surface-level interactions, Jesus is after our *hearts*. On the cross, a soldier literally pierced Jesus' chest. Why does the Bible include this graphic detail? Because an open, wounded heart is the ultimate proof of love.

The *YouCat* (Youth Catechism #100) asks why Jesus had to die on the cross. It answers: "Because God's love for us is so great that he took our sins upon himself... Christ's death on the cross is the ultimate, unsurpassable sacrifice." When we look at the Sacred Heart, we are looking at a love that went all the way. St. Augustine once said that the lance didn't just cause a wound; it opened a door. Jesus' heart was opened so that we could find a place to belong.

But this isn't just about a private relationship between you and Jesus. The love pouring out of Christ's heart is meant to change the whole world. The *Compendium of the Social Doctrine of the Church* (CSDC 4) tells us that "love is the highest and most universal criterion of the whole of social ethics." That means true justice, helping the poor, and fighting for what is right must begin with the kind of self-sacrificing love we see in the Sacred Heart. We are loved, so we must love others.

### 3. Lectio Divina Prayer Prompts (can also be used for journaling)

- **Read:** Read the story of the soldier piercing Jesus' side again. What stands out to you right now?
- **Reflect:** What does an "open door" mean to you when you think about God? Do you feel like God's heart is open to you, even when you mess up?
- **Respond:** Talk to Jesus honestly about a time you felt hurt or rejected. Ask Him to show you how His wounded heart understands exactly how you feel.
- **Rest:** Close your eyes and spend three minutes in total quiet, just picturing the Heart of Jesus.

### 4. Small Group Sharing Questions

1. Pope Francis says we need to get back to the "heart." What are some things in high school culture that pull people away from their true hearts and make them fake or superficial?
2. *YouCat* says the cross is the "unsurpassable sacrifice." When you see images of the Sacred Heart wrapped in thorns, what does it make you think about how Jesus views you?
3. How can we take the love we see in the Sacred Heart and apply it to social issues today (like bullying, poverty, or loneliness in our schools) as the Church asks us to do?

### 5. Litany of the Sacred Heart (Group Prayer)

*Leader:* Lord, have mercy. *Response:* **Lord, have mercy.**

*Leader:* Christ, have mercy. *Response:* **Christ, have mercy.**

*Leader:* Heart of Jesus, glowing with love for us... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, source of all life and holiness... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, our peace and reconciliation... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, pierced with a lance... *Response:* **Have mercy on us.**

*(Pause for others to speak their own prayers out loud. After each: "Heart of Jesus, we trust in You.")*

*Leader:* Jesus, gentle and humble of heart. *Response:* **Make our hearts like Yours.**

## 6. Preview of Next Week

Next week, we are going to look at medieval monks and a woman named St. Julian of Norwich who saw a vision of Christ's heart. As she wrote: *"With His sweet looking He led forth the understanding of His creature by the same wound into His Side within."*

## 7. Closing Prayer

*O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of You. Make us brave enough to love others the way You have loved us. Amen.*

---

# Week 2 (Teen Version): The Mystical Refuge

## 1. Opening Prayer

*O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, and the reunion of all Christians. Amen. (The Traditional Morning Offering)*

## 2. Scripture and Meditation

**Scripture (Ephesians 3:14-19):** *"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."*

**Meditation:** Have you ever just needed a safe place? A place where you could hide when the drama of school, the pressure of expectations, or the noise of social media becomes too much? In *Dilexit Nos*, Pope Francis points out that Jesus' Heart is exactly that kind of refuge.

Hundreds of years ago, a spiritual guidebook for young women called the *Ancrene Wisse* told them to hide like doves in the "clefts of the rock"—meaning they should seek shelter in the open wounds of Jesus. Soon after, St. Julian of Norwich had a vision where Jesus showed her His wounded side. She didn't see something gross or scary; instead, she saw a beautiful, safe space big enough for all of humanity to fit inside. Jesus was inviting her to hide inside His own heart.

The *YouCat* (#469) teaches that "Prayer is a turning of the heart to God. When a person prays, he enters into a living relationship with God." When you pray to the Sacred Heart, you are stepping into that safe room Julian saw. You are letting your heart rest in His.

But resting in Jesus' heart doesn't mean we just ignore the real world. The *Compendium of the Social Doctrine of the Church* (CSDC 42) teaches that "inner transformation... is the necessary prerequisite for a real transformation of his relationships with others." Simply put: you cannot change your school, your community, or society for the better until you let Jesus change your own heart from the inside out. We hide in His heart so we can love like Him when we step back out.

### 3. Lectio Divina Prayer Prompts (can also be used for journaling)

- **Read:** Read the Ephesians verses again. What does it mean to be "rooted and established in love"?
- **Reflect:** Think about St. Julian's vision of Jesus' heart being a safe room. Do you view God as a safe place to hide, or do you feel like you have to perform for Him?
- **Respond:** Talk to Jesus about the things in your life that you need a refuge from right now. Ask Him to let you rest in His heart.
- **Rest:** Close your eyes and spend three minutes in total quiet. Imagine yourself stepping through a door into a quiet, peaceful room where Jesus is waiting.

### 4. Small Group Sharing Questions

1. St. Paul prays that we would know how "wide and long and high and deep" Christ's love is. Why is it so hard to actually believe that God loves us *that* much?
2. If the heart is a "dwelling place," what kind of things are currently taking up the most space in your heart? (e.g., anxiety, sports, friends, God?)
3. The Church says we have to experience "inner transformation" before we can change our relationships and the world (CSDC 42). Have you ever tried to fix a problem with a friend without first checking your own heart? How did it go?

### 5. Litany of the Sacred Heart (Group Prayer)

*Leader:* Lord, have mercy. *Response:* **Lord, have mercy.**

*Leader:* Christ, have mercy. *Response:* **Christ, have mercy.**

*Leader:* Heart of Jesus, safe refuge for all who are tired... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, holy temple of God... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, glowing furnace of love... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, our peace and our safe place... *Response:* **Have mercy on us.**

*(Pause for others to speak their own prayers out loud. After each: "Heart of Jesus, we trust in You.")*

*Leader:* Jesus, gentle and humble of heart. *Response:* **Make our hearts like Yours.**

## 6. Preview of Next Week

Next week, we are going to look at St. Margaret Mary Alacoque, a young nun who had some of the most famous visions of Jesus' Heart. She recorded Him saying this: *"He disclosed to me the marvels of his Love and the inexplicable secrets of his Sacred Heart, which so far he had concealed from me."*

## 7. Closing Prayer

*O Sacred Heart of Jesus, I place my trust in You. When I am overwhelmed, be my hiding place. When I am confused, be my light. Help me to rest so deeply in Your love that I can bring that same love and peace to my friends and my family. Amen.*

---

# Week 3 (Teen Version): The Merciful Heart

## 1. Opening Prayer

*Lord, You know how heavy life can feel sometimes. Take my tired mind and my anxious heart and hide them in Yours. Help me to remember that Your Heart is always open, always forgiving, and always on fire with love for me, even when I mess up. Give me the courage to love You back today. Amen.*

## 2. Scripture and Meditation

**Scripture (Matthew 11:28-30):** *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

**Meditation:** Do you ever feel completely exhausted by the pressure to be perfect? To get the right grades, fit in with the right people, or project the perfect image on social media? Jesus understands that kind of exhaustion. In *Dilexit Nos*, Pope Francis focuses on the truth that Jesus has a heart that loves us exactly as we are, not as we pretend to be.

In the 1600s, a young nun named St. Margaret Mary Alacoque had a series of visions. Jesus appeared to her and literally showed her His heart. It was surrounded by a crown of thorns and was on fire. He told her: *"Behold this Heart which has so loved men that it has spared nothing... to testify its love for them; and in return, I receive from the greater part only ingratitude."* Jesus was showing her that His love is real, it hurts when we ignore Him, and yet His mercy never stops burning.

The *Compendium of the Catechism of the Catholic Church* (#98) explains it simply: "Jesus knew and loved us each and all during his life, his agony and his Passion... His Heart, pierced for our salvation, is

the symbol of that infinite love with which he loves the Father and each one of us." He wants you to bring your heavy burdens to Him and trade them for His mercy.

But this mercy isn't just for you to keep to yourself. The *Compendium of the Social Doctrine of the Church* (CSDC 206) says that charity must spread into our "network" of relationships. When you experience the forgiveness and gentleness of the Sacred Heart, you are called to bring that same gentleness into your friend groups, your school, and your family, giving rest to others who are also carrying heavy burdens.

### 3. Lectio Divina Prayer Prompts (can also be used for journaling)

- **Read:** Look at the words of Jesus again: "Come to me, all you who are weary..." What is making you feel the most "weary" or worn out this week?
- **Reflect:** Jesus says He is "gentle and humble in heart." How is this different from the way people usually act when they have power or popularity?
- **Respond:** Jesus told St. Margaret Mary that He feels sadness when people ignore His love. Talk to Jesus honestly about the times you've ignored Him, and ask for His mercy.
- **Rest:** Close your eyes, take a deep breath, and imagine literally handing a heavy backpack full of your worries over to Jesus. Spend three minutes in silence.

### 4. Small Group Sharing Questions

1. Jesus promises us "rest for our souls." What do you think the difference is between zoning out (like scrolling on your phone for hours) and actually finding rest for your soul?
2. Jesus showed St. Margaret Mary His heart on fire, but surrounded by thorns. What do the fire and the thorns teach us about what real love looks like?
3. The Church says we have to bring charity into our "networks" (CSDC 206). Who is someone in your school or friend group who seems "burdened," and how can you show them the gentle mercy of Jesus this week?

### 5. Litany of the Sacred Heart (Group Prayer)

*Leader:* Lord, have mercy. *Response:* **Lord, have mercy.**

*Leader:* Christ, have mercy. *Response:* **Christ, have mercy.**

*Leader:* Heart of Jesus, patient and full of mercy... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, safe place for sinners... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, taking away our heavy burdens... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, burning with love for us... *Response:* **Have mercy on us.**

*(Pause for others to speak their own prayers out loud. After each: "Heart of Jesus, we trust in You.")*

*Leader:* Jesus, gentle and humble of heart. *Response:* **Make our hearts like Yours.**

## 6. Preview of Next Week

Next week, we are going to talk about the intense, fiery love of the Sacred Heart through the eyes of a young woman who died when she was only 24, St. Thérèse of Lisieux. She wrote: *"To me He has granted His infinite Mercy, and through it I contemplate and adore the other divine perfections!"*

## 7. Closing Prayer

*Jesus, thank You for not demanding perfection, but only our hearts. Help us to come to You when we are tired and overwhelmed. Fill us with Your mercy so that we can be a source of rest and kindness for everyone we meet. Amen.*

---

# Week 4 (Teen Version): The Fire of Love

## 1. Opening Prayer

*Lord Jesus, let my heart be consumed by the fire of Your love. Give me a passion for the things You are passionate about. Burn away my selfishness, my insecurities, and my fears. Set my heart on fire so that I can be a light to my friends, my family, and my school. Amen.*

## 2. Scripture and Meditation

**Scripture (Luke 12:49-50):** *"I have come to bring fire on the earth, and how I wish it were already kindled! But I have a baptism to undergo, and what constraint I am under until it is completed!"*

**Meditation:** When we think of Jesus, we often picture Him as peaceful and calm. But in the Gospel of Luke, Jesus sounds almost impatient! He says He has come to bring *fire* to the earth, and He feels a "constraint"—a deep, restless aching—until His mission of saving us is complete. Pope Francis talks about this in *Dilexit Nos* as Christ's "Thirst for Souls." Jesus isn't just waiting around for us; He actively, passionately *burns* with a desire to be close to us.

A young Carmelite nun named St. Thérèse of Lisieux completely understood this. She died when she was only 24 years old, but her love for God was explosive. She didn't want to just be "okay" at her faith; she wrote a prayer offering herself to God's Merciful Love, asking Jesus to completely consume her like a fire. She realized that Jesus *thirsts* for our love, and she wanted to give Him everything she had to quench that thirst.

The *YouCat* (#338) explains that "Charity is the theological virtue by which we love God above all things... and our neighbor as ourselves for the love of God." Charity isn't just giving old clothes to Goodwill; charity is the *fire* of God's love burning inside you.

When that fire gets inside you, it spreads. The *Compendium of the Social Doctrine of the Church* (CSDC 207) says, "Social charity makes us love the common good." This means if you are truly devoted to the Sacred Heart, you can't just care about yourself. The fire of Christ's love pushes you to stand up for the kid being bullied, to care about the culture of your school, and to fight for the "common good" of everyone around you.

### 3. Lectio Divina Prayer Prompts (can also be used for journaling)

- **Read:** Read Luke 12:49-50 again. Focus on the word "fire." What images come to mind when you hear that word?
- **Reflect:** Jesus desperately *thirsts* for a relationship with you. How does it change your view of God to know He isn't just judging you, but actively longing for your love?
- **Respond:** St. Thérèse asked God to completely consume her with His love. Talk to Jesus about the things that hold you back from going "all in" with your faith.
- **Rest:** Close your eyes and imagine sitting by a campfire. Picture Jesus sitting across from you. Spend three minutes resting in the warmth of His presence.

### 4. Small Group Sharing Questions

1. High school culture is full of people who are "passionate" or "on fire" for things like sports, relationships, or getting into college. Why do you think it is so rare to see people "on fire" for God?
2. St. Thérèse found a way to let her faith burn brightly even though she just did normal, everyday chores. How can you show the "fire" of the Sacred Heart in your totally ordinary daily life?
3. The Church says "social charity" makes us care about the common good (CSDC 207). If the teenagers at your school actually caught this fire of love, what is one major issue or problem at school that would be solved?

### 5. Litany of the Sacred Heart (Group Prayer)

*Leader:* Lord, have mercy. *Response:* **Lord, have mercy.**

*Leader:* Christ, have mercy. *Response:* **Christ, have mercy.**

*Leader:* Heart of Jesus, burning furnace of love... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, desperate for our hearts... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, fire of the Holy Spirit... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, giving us the courage to love... *Response:* **Have mercy on us.**

*(Pause for others to speak their own prayers out loud. After each: "Heart of Jesus, we trust in You.")*

*Leader:* Jesus, gentle and humble of heart. *Response:* **Make our hearts like Yours.**

## 6. Preview of Next Week

Next week, we are going to look at the "Social Heart" of Jesus. We'll look at how loving the Sacred Heart means we *must* love the poor and forgotten. As St. Teresa of Calcutta said: *"I see Jesus in every human being. I say to myself, this is hungry Jesus, I must feed him."*

## 7. Closing Prayer

*Sacred Heart of Jesus, please don't let my faith be lukewarm. Set my heart on fire with love for You and love for the people around me. Give me the courage of St. Thérèse to offer myself completely to You, trusting that Your mercy will catch me. Amen.*

---

# Week 5 (Teen Version): The Social Heart

## 1. Opening Prayer

*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 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! Amen. (Prayer of St. John Henry Newman, loved by Mother Teresa)*

## 2. Scripture and Meditation

**Scripture (Matthew 25:31, 34-37, 40):** *"When the Son of Man comes in his glory... the King will say to those on his right, 'Come... take your inheritance... For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in... I was sick and you looked after me.'*

*Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?' ... The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"*

**Meditation:** It is easy to love a beautiful painting of the Sacred Heart. It is much harder to love the Sacred Heart when it looks like the kid sitting by himself at lunch, the homeless person on the corner, or the person everyone makes fun of online. In *Dillexit Nos*, Pope Francis teaches us that the "Social Heart" of Jesus is found among the outcast.

St. Teresa of Calcutta (Mother Teresa) understood this perfectly. She spent her life picking up dying people from the gutters of India. She wasn't just doing charity work; she was adoring the Sacred

Heart. She famously said: *"I see Jesus in every human being. I say to myself, this is hungry Jesus, I must feed him. This is sick Jesus. This one has leprosy or gangrene; I must wash him and tend to him."*

The YouCat (#449) is very blunt about this: "Works of mercy are... the criteria by which we will be judged." Jesus tells us in Matthew 25 that at the end of time, He isn't going to ask how many followers we had or what our GPA was. He is going to ask how we treated *Him* when He was disguised as the unpopular, the poor, and the suffering.

The *Compendium of the Social Doctrine of the Church* (CSDC 182) calls this the "preferential option for the poor." This means that as Christians, the poor and the bullied get our *first* attention, not our leftovers. If our hearts are truly beating in rhythm with the Sacred Heart, we will naturally move toward the people that the rest of the school ignores.

### 3. Lectio Divina Prayer Prompts (can also be used for journaling)

- **Read:** Reread Matthew 25. Focus on the phrase: "I was a stranger and you invited me in."
- **Reflect:** Think about your school or your sports team. Who are the "strangers"—the people who are left out, awkward, or ignored?
- **Respond:** Ask Jesus for forgiveness for the times you have walked past Him when He was disguised as someone unpopular or in need.
- **Rest:** Close your eyes. Picture Jesus standing with His Sacred Heart exposed. Now, imagine His face changing into the face of someone at school who needs a friend. Spend three minutes in silence holding that image.

### 4. Small Group Sharing Questions

1. Why is it sometimes easier to pray in a quiet chapel than it is to actually be kind to someone who annoys us or is socially awkward?
2. Mother Teresa saw "hungry Jesus" and "sick Jesus." If she walked the halls of your high school, what kind of "disguised Jesus" do you think she would see? (e.g., "lonely Jesus," "anxious Jesus").
3. The Church says we must have a "preferential option for the poor" (CSDC 182). What would it look like for your friend group to give "preferential" (first choice) treatment to the outcasts at school this week?

### 5. Litany of the Sacred Heart (Group Prayer)

*Leader:* Lord, have mercy. *Response:* **Lord, have mercy.**

*Leader:* Christ, have mercy. *Response:* **Christ, have mercy.**

*Leader:* Heart of Jesus, beating with love for the outcast... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, disguised as the poor and lonely... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, judging us by our love... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, giving us the courage to serve... *Response:* **Have mercy on us.**

*(Pause for others to speak their own prayers out loud. After each: "Heart of Jesus, we trust in You.")*

Leader: Jesus, gentle and humble of heart. Response: **Make our hearts like Yours.**

## 6. Preview of Next Week

Next week is our final session! We will talk about having a "Missionary Heart." We will look at a man named St. Charles de Foucauld who moved to the Sahara Desert to live among Muslims, not to preach with words, but with his life. He said: *"I must make people say of me, 'Since this man is so good, his religion must be good.'"*

## 7. Closing Prayer

*Jesus, open our eyes. Strip away our pride and our need to fit in, and give us the courage to see Your face in the people everyone else ignores. Give us a heart like Yours—a heart that runs toward the broken instead of walking away. Amen.*

---

# Week 6 (Teen Version): The Missionary Heart

## 1. Opening Prayer

*Lord Jesus, I give You my hands to do Your work. I give You my feet to go Your way. I give You my eyes to see as You do. I give You my tongue to speak Your words. I give You my mind that You may think in me. I give You my spirit that You may pray in me. Above all, I give You my heart that You may love in me. Amen.*

## 2. Scripture and Meditation

**Scripture (John 15:9-12, 15-16):** *"As the Father has loved me, so have I loved you. Now remain in my love... My command is this: Love each other as I have loved you... I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends... You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last."*

**Meditation:** For five weeks, we've talked about how much the Sacred Heart of Jesus loves you. We've talked about hiding in His heart, bringing Him your heavy burdens, and letting His fire change you. But Pope Francis ends *Dilexit Nos* by talking about "Sending Forth." The love of Jesus isn't a secret club; it's a mission.

Look at St. Charles de Foucauld. He was a rich young guy who threw away his wealth, had a massive conversion, and ended up living in the middle of the Sahara Desert. He lived among Muslim tribes, far away from other Christians. He didn't stand on street corners with a megaphone telling everyone they were wrong. He just loved them. He called himself a "universal brother" and treated every single

person as if they were his own family. He said: *"I must make people say of me, 'Since this man is so good, his religion must be good.'"*

The YouCat (#11) asks, "Why do we hand on the faith?" It answers: "Because Jesus commands us... We want to pass on the joy that we have found in Him." When you really experience the love of the Sacred Heart, you can't keep it to yourself.

But you don't have to move to a desert to be a missionary. The *Compendium of the Social Doctrine of the Church* (CSDC 580) says that regular people (the laity) are supposed to transform the world "from within." Your Sahara Desert is your high school cafeteria, your locker room, your group chats, and your neighborhood. You are called to be a "universal brother" or sister right there, loving people so well that they want to know the God who lives in your heart.

### 3. Lectio Divina Prayer Prompts (can also be used for journaling)

- **Read:** Read Jesus' words again: *"I no longer call you servants... I have called you friends."*
- **Reflect:** How does it change the way you view your faith to know Jesus considers you His friend and partner in changing the world, not just a servant taking orders?
- **Respond:** Who is someone in your life who doesn't know God's love? Ask Jesus to show you one specific way you can be a "universal brother or sister" to them this week.
- **Rest:** Close your eyes. Imagine Jesus looking you in the eye, smiling, and saying, "I chose you to go and bear fruit." Spend three minutes in quiet confidence.

### 4. Small Group Sharing Questions

1. St. Charles wanted his actions to be so good that people would be attracted to his religion. How can we share our faith at school without being "weird" or preachy?
2. What does being a "universal brother or sister" look like in a high school where everyone is usually divided into cliques and groups?
3. Jesus wants us to "bear fruit that will last." When you graduate and leave your school, what is the lasting impact or "fruit" you want to leave behind?

### 5. Litany of the Sacred Heart (Group Prayer)

*Leader:* Lord, have mercy. *Response:* **Lord, have mercy.**

*Leader:* Christ, have mercy. *Response:* **Christ, have mercy.**

*Leader:* Heart of Jesus, giving us the courage to go out... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, calling us Your friends... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, loving everyone without exception... *Response:* **Have mercy on us.**

*Leader:* Heart of Jesus, transforming our schools and homes... *Response:* **Have mercy on us.**

*(Pause for others to speak their own prayers out loud. After each: "Heart of Jesus, we trust in You.")*

*Leader:* Jesus, gentle and humble of heart. *Response:* **Make our hearts like Yours.**

## **6. Conclusion and Sending Forth**

You have spent six weeks resting in the Heart of Jesus. Now, it is time to take that Heart into the world. Remember this amazing challenge from St. Teresa of Avila: *"Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world."*

## **7. Closing Prayer**

*Sacred Heart of Jesus, thank You for loving us. Thank You for choosing us to be Your friends. Give us the bravery of St. Charles de Foucauld to love people purely and simply. Use our hands, our words, and our lives to bring Your fire to the world. Amen.*