

A Reflection on the Sacred Heart of Jesus

The human heart has always been seen as a most powerful sign and symbol of love.

Even though medical science has made us familiar with the idea of heart transplants, the sign remains the same.

We may be told that the heart is simply a very powerful pump which sends gallons of blood coursing through our veins, but the mystery remains. Everyone knows that your heart beats faster when you are in love. And when you are deprived of love you can suffer from emotional deprivation and you can die of a broken heart. Our everyday language shows the significance we attach to the heart. When we are close to someone, we can have a **heart to heart** talk.

If I'm sincere, I'll speak **from the bottom of my heart**. We like to think our heart is in the right place.

We can **take heart** from our faith. We must first **set our heart on it** and **take it to heart**.

We are **warm-hearted** in living our faith so that we give heart to others.

On the Feast of the Sacred Heart of Jesus we call to mind the way in which the Son of God became one of us in human flesh. The heart of Christ expressed the love of God for us even to the shedding of the last drop of his blood.

It is a good time to say 'thank you' to God for such an unmistakable sign of his love in our world.