

2020 June 19

The Solemnity of the Most Sacred Heart of Jesus

Friday following the Second Sunday after Pentecost

Readings:

First: Deuteronomy 7.6-11, "Know therefore that the Lord your God is God, the faithful God."(9a)

Psalm: 103, "It is the Lord who forgives all your iniquity, who heals all your diseases."(3)

Second: 1 John 4.7-16, "Whoever does not love does not know God, for God is love."(8)

Gospel: Matthew 11.25-30, "I am gentle and humble of heart."(29b)

The great Divide

Love, gentleness, compassion, and forgiveness are known more through the heart than the mind or intellect. They are all experiential knowledge. So there are knowledges that we acquire through our heart and through our mind. Those acquired by the mind can remain detached from us, whereas that which comes through the heart is attachment and becomes part of our being. That is the specialty of the devotion to the Sacred Heart of Jesus, through which we become attached to Jesus, to the Heart of Jesus, and Jesus becomes attached to us.

The Heart of Jesus is the most intimate medium of God's communication with us. It fully reveals the humanity of Jesus. It should be the humanity of Jesus that prompted him to say, *"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."*(Matthew 11.29) What greater rest our souls can have than the experience of love, and when that love comes and experienced from the heart of Jesus? That is bliss, ecstasy, and most desirable than any other worldly experience!

In order to experience this bliss and ecstasy we must have the mindset of infants, accepting everything openly and without questioning. Such acceptance comes from total trust in the one with whom we are, and who is with us. Jesus is always with us with his heart open for us to enter in and with his unconditional acceptance of us. Whoever we are, whatever we do, right or wrong, our Jesus with his open heart is with us and for us. He is there knocking at the door of our heart that we may open it and let him in. When he is in, it is ecstasy, bliss and fullness of everything desirable.

The consequence of this indwelling presence of Jesus in us and we in him is that just as the heart of Jesus is always open for everyone, we too must keep open our hearts for those whom Jesus loves and we must accommodate them in our hearts, that is, we must be open to the entire humanity! This is what St. John testifies in his letter today, *"If we love one another, God lives in us, and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit."* (1 John 4.12-13)