

Reflection for The Most Sacred Heart. Second Reading 1 John 4: 7-16
Gospel Mat 11: 25-30

What is love? We have only to contemplate on the Sacred Heart of Jesus to find out. To contemplate on all that God gave by sending His only son to us. To contemplate on all that Jesus gave in his life, suffering and death for us. To contemplate on his glorious resurrection in opening up for us the gift of everlasting life.

The pattern of that love is revealed in today's Responsorial Psalm. (102: 1-4, 6-8, 10.)

The Second Reading supports this. "God is love.....revealed when God sent His only son into the world so that we could have life through him.....God's love for us when He sent His only son to be the sacrifice that takes our sins away.....Since God has loved us so much, we too should love one another" (In a similar way). "If anyone acknowledges that Jesus is the son of God, God lives in him and he in God."

Jesus indicates, in the Gospel, that we don't have to be wise or clever to know God's love. We only have to believe in him, and that love is knowing him (Jesus) and following in his ways.

In these troubled times, let us pray that the Sacred Heart of Jesus will touch all of our lives, so that we may respect and value the lives of everyone, no matter what their creed, colour or denomination.