



**PILGRIM**  
Center of Hope

Answering Christ's call,  
we guide people to encounter Him  
so as to live in hope, as pilgrims in daily life.

## ***Meet the Master***

Monthly gatherings to discover the Master and encounter Him as we read the scriptures, listen to a presentation, meet a Saint and receive a spiritual tool.

**April 2, 2020 – Jesus' Heart**

### **Scripture**

#### **Matthew 11:28-30**

*Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.*

#### Additional scripture references:

Deuteronomy 10:9 *The heart is the source of thoughts, desires, and deeds.*

Isaiah 10:7 *One's plan or purpose lies in the heart.*

Ephesians 3:17 *Christ dwells in the heart.*

Revelation 2:23 *I am the searcher of hearts and minds and that I will give each of you what your works deserve.*

Luke 21:15 *To set the heart is to give attention.*

Romans 5:5 *...and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us.*

### **Catechism of the Catholic Church**

**#2083** Jesus summed up man's duties toward God in this saying: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This immediately echoes the solemn call: "Hear, O Israel: the LORD our God is one LORD."

God has loved us first. The love of the One God is recalled in the first of the "ten words." The commandments then make explicit the response of love that man is called to give to his God.

### **Spiritual Exercise**

Choose the above scripture to imagine yourself standing before Jesus. Place yourself in the scripture while listening to every word. You may want to sit or kneel as you do this.

Imagine Jesus standing before you.

Now begin to tell Him some of the most urgent things you are concerned about. As you do, stop after one and look at Him. Then continue.

Afterwards, look at the Lord and very slowly and from your heart, read the above scripture.

Then see our Lord take each concern you gave Him and see Him place them in His Sacred Heart.

End by praising Jesus. You may choose something like this: *Oh Lord, you who are Divine and yet so meek, so humble – take my heart into yours and also make my heart like yours – so full of love for you and for others, that I, may be filled with the graces needed to with you in my heart!*

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