

SACRED HEART

Novena Reflections

SERIES



Day 9: “Patience of the Heart of Christ, support my heart”

Fruit: To experience the loving patience of Jesus who constantly forgives me and does not give up on me. To eradicate from my life discouragement, and to trust in the patient Heart of Jesus, that believes and has faith in me.

Petition:

Lord Jesus, give me the grace to know you more intimately, to enter into your heart and experience your personal love for me. Jesus, just as you love me, I ask you for this grace:
Make me fall passionately in love with you!

Gospel:

“But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. So the other disciples were saying to him, “We have seen the Lord!” But he said to them, “Unless I see in His hands the imprint of the nails, and put my finger into the place of the nails, and put my hand into His side, I will not believe.” After eight days His disciples were again inside, and Thomas with them. Jesus came, the doors having been shut, and stood in their midst and said, “Peace be with you.” Then He said to Thomas, “Reach here with your finger, and see My hands; and reach here your hand and put it into My side; and do not be unbelieving, but believing.” Thomas answered and said to Him, “My Lord and my God!” Jesus said to him, “Because you have seen Me, have you believed? Blessed are they who did not see, and yet believed”. Jn 20: 24-29

1. Thomas’ Disbelief and Weakness.

SACRED HEART

Novena Reflections

SERIES

2. The Patient Heart of Christ.

“Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails”. 1 Cor 13: 4-8

“For by His wounds you were healed”. 1 Peter 2: 24

“Thomas saw and touched the man, and acknowledged the God whom he neither saw nor touched; but by the means of what he saw and touched, he now put far away from him every doubt, and believed the other.” (Commentary of St. Augustine)

3. Patience and Peace.

Prayer:

Jesus, how great is your patience! Thank you for not giving up on me, for waiting for me until I could say yes to you. Thank you for your constant forgiveness. For calling me to climb higher and not remain in my failure or discouragement. Open my heart, Jesus, so that I can be an instrument of peace for others. Teach me the patience of your Heart to endure the failures of others with the same love and patience with which you carry mine.

With the Patience of your Heart, support my heart!

For prayer and reflection:

1. How have I experienced Christ's patience in my life?
2. Do I tend to be patient with others the way I would like them to be patient with me? Why or why not?
3. Which of the 7 Sacraments do you think is most illustrative of the patience of the Heart of Christ? Why?

Image:

Merisi da Caravaggio, Michelangelo. (1602). *The Incredulity of Saint Thomas*. [Oil on canvas]. Sanssouci Palace, Potsdam, Germany. Retrieved from: <https://www.museio.org/story/caravaggio-the-incredulity-of-saint-thomas2>