

SACRED HEART

Novena Reflections

SERIES



Day 3: “Joy of the Heart of Christ, enlarge my heart”

Fruit: Let the joy of Jesus invade my heart. Rejoice in everything that He rejoices in. Believe that only He can give me the joy that the world cannot give.

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!

1. The Joyful Heart of Jesus

“At that very time He rejoiced greatly in the Holy Spirit, and said, “I praise You, O Father, Lord of heaven and earth, that You have hidden these things from the wise and intelligent and have revealed them to infants. Yes, Father, for this way was well-pleasing in Your sight”. Lk 10: 21

“These things I have spoken to you so that My joy may be in you, and that your joy may be complete”. Jn 15:11

“I will see you again, and your hearts will rejoice, and no one will take your joy away from you”. Jn 16: 22

“Let the children come to me”. Mt 19: 14

What are the reasons for Jesus’ joy?

- Knowing that He is deeply loved by his Father:

“As the Father has loved me, so I have loved you.” Jn 15: 9

SACRED HEART

Novena Reflections SERIES

- The salvation of souls, the conversion of sinners:

*“What man among you, if he has a hundred sheep and has lost one of them, does not leave the ninety-nine in the open pasture and go after the one which is lost until he finds it? When he has found it, he lays it on his shoulders, rejoicing. And when he comes home, he calls together his friends and his neighbors, saying to them, ‘**Rejoice with me, for I have found my sheep which was lost!**’ I tell you that in the same way, **there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance**”. Lk 15: 4-7*

- Victory over death and sin forever.

2. Joy That Enlarges the Heart.

“Rejoice always... for this is God's will for you in Christ Jesus”. 1 Thess 5: 16-18

“I came that they may have LIFE - and have it abundantly”. Jn 10: 10

Prayer:

Lord Jesus, help me to engrain in my mind and in my heart this certainty of knowing myself profoundly loved by you and that this be always the deepest reason for my joy. Enlarge my heart with your joy and delight, with your desires and interests. Give me the grace to live always joyful, even in the midst of the cross and pain. You have given me that joy, Jesus, I want to receive it and give it to others.

With the joy of your Heart, enlarge my heart!

For prayer and reflection:

1. What are the things that usually make me happy? Write at least 3. What are things that make me sad?
2. Do I see that the reasons for my joy resemble the reasons for Jesus' joy?
3. Am I the kind of person who smiles at others, even when I'm having a bad day? In my house, with my family, in the grocery store, in the park, at work? How many smiles do I give to others a day?

Image:

Kim, Yongsung. (n.d.). *The Good Shepard*. [Oil on canvas]. Retrieved from: <https://havenlight.com/collections/yongsung-kim>