

SACRED HEART

Novena Reflections

SERIES



Day 2: “Humility of the Heart of Christ, shape my heart”

Fruit: Allow myself to be shaped by Christ, by the example of his humility. To let Him purify me and make me a GIFT to others in humble service.

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:

*“Now before the Feast of the Passover, Jesus knowing that His hour had come that He would depart out of this world to the Father, having loved His own who were in the world, **He loved them to the end.** During supper, the devil having already put into the heart of Judas Iscariot, the son of Simon, to betray Him, Jesus, **knowing** that the Father had given all things into His hands, and that He had come forth from God and was going back to God, got up from supper, and laid aside His garments; and taking a towel, He girded Himself. Then He poured water into the basin, and began **to wash the disciples’ feet** and to wipe them with the towel with which He was girded. So He came to Simon Peter. He said to Him, “Lord, do You wash my feet?” Jesus answered and said to him, “What I do you do not realize now, but you will understand hereafter.” Peter said to Him, “Never shall You wash my feet!” Jesus answered him, **“If I do not wash you, you have no part with Me.”** Simon Peter said to Him, “Lord, then wash not only my feet, but also my hands and my head.” Jesus said to him, “He who has bathed needs only to wash his feet, but is completely clean; and you are clean, but not all of you.” For He knew the one who was betraying Him; for this reason He said, “Not all of you are clean.” So when He had washed their feet, and taken His garments and reclined at the table again, He said to them, “Do you know what I have done to you? You call Me Teacher and Lord; and you are right, for so I am. If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another’s feet. For **I gave you an example that you also should do as I did to you.** Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, you are blessed if you do them”. Jn 13: 1-17*

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1. He Loved Them to the End.

2. The Humility of Christ.

“Have this in mind among yourselves, which was in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied Himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross”. Phil 2: 5-8

“Take My yoke upon you and learn from Me, for I am gentle and humble in heart”. Mt 11: 29

3. Gift and example.

Prayer:

Lord Jesus, give me a meek and humble heart like yours. Let me enter into the mystery of your love that gives without measure, that surrenders and empties itself with great simplicity. Help me to contemplate your example and let it move me and make me fall in love. You are the KING OF KINGS, my God, who lowers Himself to tell me how much you love me. Your greatness is service and complete gift of self. Today Jesus, I want to tell you with all the sincerity of my heart: “I will serve you” and “I will serve others.” I do not want to live in pride, but in the humble love that attracts and brings your healing presence to all who I encounter on my journey.

With the humility of your Heart, shape my heart!

For prayer and reflection:

1. Have you experienced in your own life the love of Jesus who loves you “to the end”? If it helps you, write down one of those moments, expressing how he has “shaped” and “marked” your life and your heart.
2. Contemplate the image of Jesus who washes his disciples’ feet and enter the “mystery” of that night in the Upper Room. What does Jesus tell you? How does he wash your feet? What do you experience as you allow yourself to have your feet washed by Jesus?
3. What image, experience, or association comes to mind when you think of the word “humility”? Is it a concept that appeals or repels you? Why?
4. Where do you see, in your current life, that God invites you to SERVE, to wash the feet of others?

Image:

Brown, Ford Madox (1852). *Jesus washing Peter's feet*. [Oil on canvas]. Retrieved from: <https://www.tate.org.uk/art/artworks/brown-jesus-washing-peters-feet-n01394>