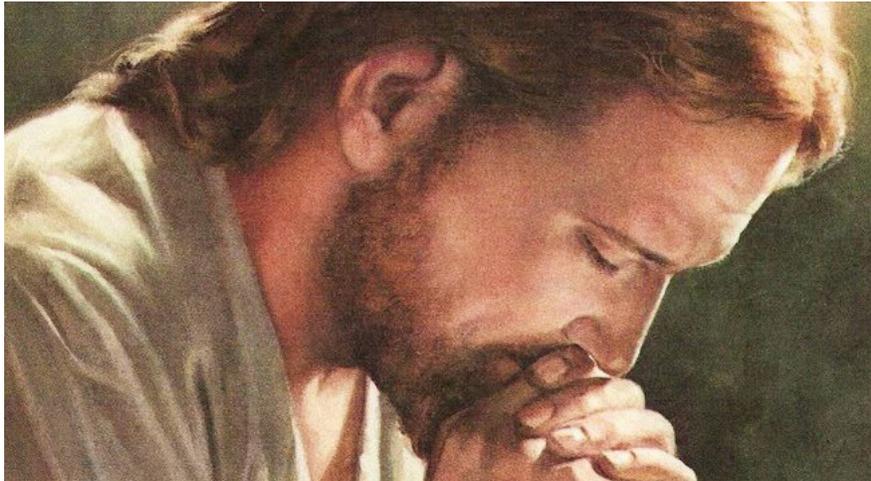


# SACRED HEART

Novena Reflections

## SERIES



### Day 7: "Silence of the Heart of Christ, speak to my heart"

**Fruit:** To enter into the silent heart of Jesus and rest in Him. Allow that silence speak to me, consume me, comfort me, and strengthen 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!

#### **1. Silence of Christ in His Hidden Life.**

#### **2. Silence of Christ in His Public Life.**

*"But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you". Mt 6: 6*

*"Jesus kept silent" Mt 26: 63, "he did not answer". Mk 14: 61*

*"He was oppressed and He was afflicted, yet He did not open His mouth; like a lamb that is led to slaughter, and like a sheep that is silent before its shearers, so He did not open His mouth". Is 53:7*

#### **3. Christ in the Eucharist**

*"I am with you always, even to the end of the age". Mt 28: 20*

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**Prayer:**

Jesus, thank you for the example of loving silence you give me with your life. Open my heart and all my being to receive you in silence, seek you in silence, and give myself in silence to the actions of my everyday life.

***With the Silence of the Heart , speak to my heart!***

**For prayer and reflection:**

1. What does the silence of Jesus' life tell me? What does it teach me for my own life?
2. Do I value silence (not only exterior but also interior), as a means of living: union with God, charity, and humility?
3. Am I afraid to be silent? Do I have the habit of always having my cell phone in my hand, the TV or music on? Do I always have to be distracted with something out of fear of being alone with myself and with God? Why is that?
4. Do I let myself be enveloped by the strength of Christ in the Eucharist whenever I can (Mass, visits to the Blessed Sacrament)? Do I value the constant and silent presence of Christ in the Eucharist?

Image:

Anonymous. (n.d.). *Jesus praying* [Oil on canvas]. Retrieved from: <https://www.turnbacktgod.com>