Retreat Handout

# Theme: The Heart That Burns with Love – With Jesus Through Mary

## Part I: The Sacred Heart of Jesus

Scripture: Matthew 11:28–30  
“Come to me, all you who are weary and burdened, and I will give you rest… I am gentle and humble of heart.”

Reflection:  
The Sacred Heart of Jesus is not merely a symbol—it is His Person, overflowing with mercy and love. This Heart burns with desire to love us, to forgive, and to bring us into communion with the Father. His love is not earned but freely given. His Heart is open—wounded—inviting us in.

Questions for Personal Prayer:  
- What burdens do I bring to Jesus today?  
- How is Jesus asking me to trust His gentle, humble heart?  
- Where in my life is His mercy most needed?

## Part II: The Immaculate Heart of Mary

Scripture: Luke 2:19  
“But Mary treasured all these words and pondered them in her heart.”  
Scripture: Luke 2:35  
“…and a sword will pierce your own soul too.”

Reflection:  
Mary’s Heart is the most perfect echo of the Heart of her Son. Her Immaculate Heart reflects complete trust, deep pondering, patient suffering, and total surrender. She did not always understand, but she always said “yes.” Her heart was pierced, yet it never closed itself off.

Questions for Personal Prayer:  
- What is God asking me to ponder, rather than to control?  
- How can I let Mary guide me to the Heart of her Son?  
- What is one area where I can imitate Mary’s trust today?

## Consecration Prayer

Act of Consecration to the Sacred Heart of Jesus through the Immaculate Heart of Mary  
O Sacred Heart of Jesus, I give myself to You completely.  
Receive my heart, my life, my joys and sorrows.  
Burn away all in me that does not reflect Your love.  
Teach me to live with a heart like Yours—humble, merciful, and open to all.  
  
O Immaculate Heart of Mary,  
lead me ever closer to Your Son.  
Teach me to ponder, to trust, and to say "yes" each day.  
  
I consecrate myself today to the Sacred Heart of Jesus  
through your maternal heart, O Mary.  
May my life become a living reflection of God's love.  
Amen.