

What Moves My Heart?

In today's Gospel we are given an insight into what moves the heart of Jesus... Compassion - love, empathy, and understanding. This passage is especially fitting at this time of year... This past Friday, we celebrated the **Sacred Heart of Jesus**. On Saturday we were able to commemorate the **Immaculate Heart of Mary**. And on the Wednesday following the Feast of the Sacred Heart we are encouraged to reflect on the quiet strength of **St. Joseph's immaculate heart**. We have before us the mystery of three hearts, and an amazing model of a singular divine perfect love.

A Heart That Is Moved

It is worth noting that Jesus doesn't just look at the crowds—He **feels** them. He sees their confusion, their wounds, their searching... and His heart is moved. This movement captures the essence of the Sacred Heart: open, vulnerable, and alive with compassion. It is Christ's infinite divine love and His very real, vulnerable human heart in action. And that leads us to ask: **What moves my heart?**

A Personal Story: When a Heart Opens

I remember a moment recently—during the school day. A student lingered outside my open door... I could tell by the look on their face that they wanted talk but they were not sure where or how to begin. Finally, I asked, *"Is everything okay?"* And at first, I got the usual answer—*"Yeah... I'm fine."* And then the tears. And after the tears the burdens... about pressure at home, about feeling like they couldn't measure up, about carrying things no one else saw. It all came out at once. And I remember sitting there realizing... I am in a privileged place because this student was making a choice... A choice to share their life. I also realized I had nothing to offer but my presence. Nothing I could say or do was going to fix what was going on for this student. And so, I listened and let this student's reality affect me. As they finished, I heard this... *"Thanks... and then after a few awkward seconds they asked... can I have a hug?"* Of all the things I had to do that day this was a moment that mattered. Later on, that day it crossed my mind: **That perhaps this is what Jesus does**. He stops. He notices. He lets our lives touch His heart.

Intimacy: Letting Love Be Real

The moment with that student was **intimate in a very pure and real sense**. One heart speaking to another. Being present. Letting someone's life affect my life. And since that encounter it has occurred to me that this is how Jesus loves. One heart speaking to another. And it's how Mary

loves. Holding things close and pondering them in her heart. It's how Joseph loves. No words, just a quiet steady quietly presence, protecting what is vulnerable. Intimacy is not easy... especially in today's culture. It asks us to risk something... To be present, and allow hearts to speak to hearts. And without that risk, love stays shallow.

Freedom: The Courage to Love

I have come to understand that kind of love is **not a burden—it's freedom**. Real freedom is: **having the courage to have a heart open enough to love without fear**. Saint Margaret Mary Alacoque, in a moment of encounter with the Sacred Heart recounts something deeply personal about that kind of courage and freedom... Jesus asked her for her heart. Trembling, she freely and courageously offered it to Him. She then saw Him **place her heart within His own**, as if it were being consumed in a furnace of divine love—and then He returned it to her, transformed, burning with His love. The courage to love without fear requires that we give our hearts over to be transformed. A transformation that is only possible when we freely give our hearts to Christ to be transformed by the burning love of his heart.

The Invitation

Today's Gospel is not just about the crowds. It's about us. Because: Sometimes we are the ones who feel lost or overwhelmed. Sometimes we are the ones searching to be heard. And sometimes—we are the ones invited to respond

Conclusion

So here is something to think about... Will I let my heart be transformed and moved to intimacy? Thankfully in these days where we are given great examples of intimacy to follow in the Sacred Hearts... The Sacred Heart of Jesus shows us a heart that feels deeply and speaks heart to heart. The Immaculate Heart of Mary which shows us a heart that hold things close and ponders them. And the Immaculate Heart of Joseph which shows us a pure heart that is quietly and steadily present. And together they encourage us to trust that... **Intimacy with God gives us the freedom to love others authentically and courageously as God love us**. It may be as simple as this: Look around... God has put someone in your path who needs you... they need you more than the things you have planned. Notice them. Stay with them a little longer... Listen a little deeper... don't try to fix it. I believe that if we respond to and experience more of those moments... we may discover that our heart is becoming more like our Lords.