



A Tender Image of Jesus' Infinite Love

THE FILIPINO WORD for “heart” is “puso.” *Puso* refers to the actual organ, but is also the state of emotion and feelings. In Filipino sports culture, *puso* literally means heart, but is used to describe something deeper than just emotion—it refers to grit, determination, and fighting spirit. This idea is closely tied to Filipino values like resilience and perseverance, which show up not just in sports but in everyday life. In basketball—arguably the most popular sport in the Philippines—it is common to praise players not only for skill but for effort and willpower. Teams like Gilas Pilipinas are often celebrated for their *puso* when they compete internationally against bigger, more physically dominant teams. Even if they lose, fans will still respect them if they showed heart.

In classical Greek, the word *kardía* denotes the inmost part of human beings, animals and plants. It indicates not only the center of the body, but also the human soul and spirit. Thoughts and feelings proceed from the heart and are closely bound one to another. The heart appears as the locus of desire and the place where important decisions take shape.

It is the same case in the Bible: the “heart” doesn’t primarily mean the physical organ or just emotions the way we often use the word today. Speaking of the heart, we

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speak of our “inmost being,” referring to the center of our inner life—the place where thoughts, desires, will, and spiritual understanding come together. In sum, the biblical heart refers to:

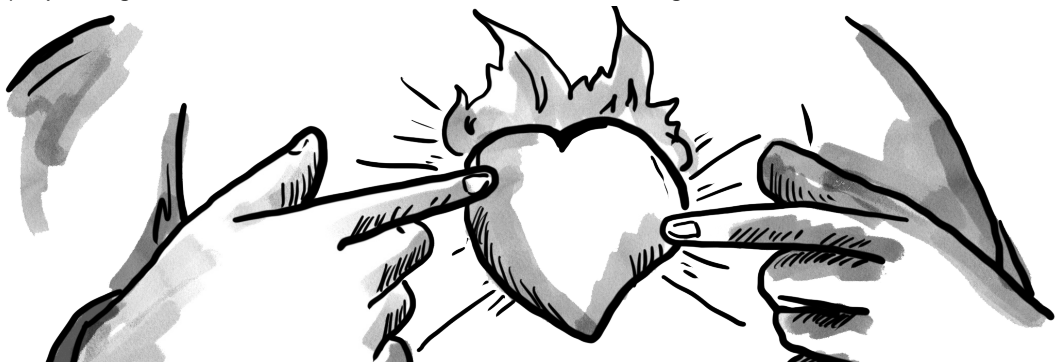
- the center of thinking and understanding
- the seat of emotions and desires
- the source of will and choices
- the spiritual condition before God.

On the solemnity of the Most Sacred Heart of Jesus, let us be guided by Pope Francis’ encyclical *Dilexit Nos* (“He Loved Us”) issued on October 24, 2024. It focuses on the meaning of human and divine love, especially as revealed through the devotion to the Sacred Heart of Jesus. The Holy Father reminds us that devotion to the heart of Christ is not the veneration of a single organ (the heart) apart from the Person of Jesus. What we contemplate and adore is the whole Jesus Christ, the Son of God made man, represented by an image that accentuates his heart. That heart of flesh is seen as the privileged sign of the inmost being of the incarnate Son and his love, both divine and human. More than any other part of his body, the heart of Jesus is “the natural sign

and symbol of his boundless love.” The Sacred Heart symbolizes a love that is both divine and deeply human—tender, wounded, and constantly reaching out.

Pope Francis further notes that although the Scriptures preserve Jesus’ words, ever alive and timely, there are moments when he speaks to us inwardly, calls us and leads us to a better place. That better place is his heart. There he invites us to find fresh strength and peace. He says in today’s Gospel: “Come to me, all who are weary and are carrying heavy burdens, and I will give you rest” (Mt 11:28). In this sense, he could say to his disciples, “Abide in me” (Jn 15:4).

Let us also not forget, Pope Francis reminds us, that it is the living heart of Christ—not its representation—that is the object of our worship, for it is part of his holy risen body, which is inseparable from the Son of God who assumed that body forever. We worship it because it is “the heart of the Person of the Word, to whom it is inseparably united.” Nor do we worship it for its own sake, but because with this heart the incarnate Son is alive, loves us and receives our love in return. Any act of love or worship of his heart is thus “really and truly given to Christ himself,” since it spontaneously refers back to him and is “a symbol and a tender image of the infinite love of Jesus Christ.”



THE INTRODUCTORY RITES

Entrance Antiphon

(Ps 33 (32): 11, 10)

(Recited when there is no opening song.)

The designs of his Heart are from age to age, to rescue their souls from death, and to keep them alive in famine.

Greeting

(The sign of the cross is made here.)

P—The Lord be with you.

All—And with your spirit.

Introduction

(These [or similar words] may be used to address the assembly.)

P—In the Gospel, Jesus invites his disciples to come to him to have rest from life's burdens. To rest means to refresh, to rejuvenate, and to revitalize. The Lord wants to refresh us so that we can continue doing what he wants us to do. Let us let the Lord carry us for a while so as to feel his comfort and his peace.

Penitential Act

P—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries. *(Pause)*

P—You were sent to heal the contrite of heart: Lord, have mercy.

All—Lord, have mercy.

P—You came to call sinners: Christ, have mercy.

All—Christ, have mercy.

P—You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

All—Lord, have mercy.

P—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All—Amen.

Gloria

All—Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore

you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Collect

P—Let us pray. *(Pause)*

Grant, we pray, almighty God, that we, who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive an overflowing measure of grace from that fount of heavenly gifts.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

All—Amen.

LITURGY OF THE WORD



Reading (Dt 7:6-11) *(Sit)*

Moses declares that the Lord's favor to Israel is not due to their greatness or even their faithfulness but because of his love and his fidelity to his promise to Abraham and the other patriarchs.

A reading from the Book of Deuteronomy

MOSES SAID to the people: "You are a people sacred to the LORD, your God; he has chosen you from all the nations on the face of the earth to be a people peculiarly his own. It was not because you are the largest of all nations that the LORD set his heart on you and chose you, for you are really the smallest of all nations.

It was because the LORD loved you and because of his fidelity to the oath he had sworn your fathers, that he brought you out with his strong hand from the place of slavery, and ransomed you from the hand of Pharaoh, king of Egypt. Understand, then, that the LORD, your God, is God indeed, the faithful God who keeps his merciful covenant down to the thousandth generation toward those who love him and keep his commandments, but who repays with destruction a person who hates him; he does not dally with such a one, but makes them personally pay for it. You shall therefore carefully observe the commandments, the statutes and the decrees that I enjoin on you today."

—The word of the Lord.

All—Thanks be to God.

Responsorial Psalm (Ps 103)

R—The LORD's kindness is everlasting to those who fear him.

1. Bless the LORD, O my soul; all my being, bless his holy name. Bless the LORD, O my soul; and forget not all his benefits. **(R)**

2. He pardons all your iniquities, heals all your ills. He redeems your life from destruction, crowns you with kindness and compassion. **(R)**

3. Merciful and gracious is the LORD, slow to anger and abounding in kindness. Not according to our sins does he deal with us, nor does he requite us according to our crimes.

Second Reading (1 Jn 4:7-16)

Love has its origin in God. If God so loved us, then we also must love one another.

A reading from the first Letter of Saint John

BELOVED, let us love one another, because love is of God; everyone who loves is begotten by God and knows God.

Whoever is without love does not know God, for God is love.

In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins. Beloved, if God so loved us, we also must love one another. No one has ever seen God. Yet, if we love one another, God remains in us, and his love is brought to perfection in us.

This is how we know that we remain in him and he in us, that he has given us of his Spirit. Moreover, we have seen and testify that the Father sent his Son as savior of the world. Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God. We have come to know and to believe in the love God has for us.

God is love, and whoever remains in love remains in God and God in him.

—The word of the Lord.

All—Thanks be to God.

Alleluia (Mt 11:29ab) (*Stand*)

All—Alleluia, alleluia. Take my yoke upon you, says the Lord; and learn from me, for I am meek and humble of heart. Alleluia, alleluia.

Gospel (Mt 11:25-30)

P—A reading from the holy Gospel according to Matthew
All—Glory to you, O Lord.

AT THAT TIME Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

—The Gospel of the Lord.

All—Praise to you, Lord Jesus Christ.

Homily (*Sit*)

Profession of Faith (*Stand*)

All—I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (At the words that follow up to and including and became man, all bow.) and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Prayer of the Faithful

P—Let us pray to the Lord Jesus, whose heart is filled with immense love, that we may be granted the grace of his protection, strength to bear our trials, and light in our doubt and darkness.

R—Lord, hear our prayer

C—Lord Jesus, make the hearts of priests similar to yours. May they be moved with pity for those who suffer, the weak, and the lost. We pray. (**R**)

C—Lord Jesus, meek and humble of heart, give rest to those overly burdened, and restore to them the joy of living. We pray. (**R**)

C—Lord Jesus, from whose wounded heart blood and water flowed out, draw us to the fountain of salvation in the sacraments you gave us. We pray. (**R**)

C—Lord Jesus, whose heart is pierced by our sins yet loving us still, have pity on us sinners and grant us your forgiveness. We pray. (**R**)

C—Lord Jesus, bless our people as we celebrate today our nation's Independence Day. May we ever become a nation strong in faith, watchful of our freedom, and united in search of our common good. We pray.

P—Father, we rejoice in the gifts of love we have received from the heart of Jesus your Son. Open our hearts to share his life and continue to bless us with his love.

All—Amen.

LITURGY OF
THE EUCHARIST



Presentation of the Gifts

P—Pray, brethren...

All—May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings (*Stand*)

P—Look, O Lord, we pray, on the surpassing charity in the Heart of your beloved Son, that what we offer may be a gift acceptable to you and an expiation of our offenses.

Through Christ our Lord.

All—Amen.

Preface (*The boundless charity of Christ*)

P—The Lord be with you.

All—And with your spirit.

P—Lift up your hearts.

All—We lift them up to the Lord.

P—Let us give thanks to the Lord our God.

All—It is right and just.

P—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For raised up high on the Cross, he gave himself up for us with a wonderful love and poured out blood and water from his pierced side, the wellspring of the Church's Sacraments, so that, won over to the open heart of the Savior, all might draw water joyfully from the springs of salvation.

And so, with all the Angels and Saints, we praise you, as without end we acclaim:

All—Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. (Kneel)

Acclamation (Stand)

All—We proclaim your Death, O Lord, and profess your Resurrection until you come again.

THE COMMUNION RITE

The Lord's Prayer

All—Our Father...

P—Deliver us...

All—For the kingdom, the power and the glory are yours now and for ever.

Invitation to Peace

Invitation to Communion

(Kneel)

P—Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

All—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Communion Antiphon

(Cf. Jn 7: 37-38)

Thus says the Lord: Let whoever is thirsty come to me and drink. Streams of living water will flow from within the one who believes in me.

Prayer after Communion

(Stand)

P—Let us pray. *(Pause)*

May this sacrament of charity, O Lord, make us fervent with

the fire of holy love, so that, drawn always to your Son, we may learn to see him in our neighbor.

Through Christ our Lord.

All—Amen.

THE CONCLUDING RITES

P—The Lord be with you.

All—And with your spirit.

Prayer over the People

P—Bow down for the blessing. *(Pause)*

May the peace of God, which surpasses all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, our Lord Jesus Christ.

P—And may the blessing of almighty God, the Father, and the Son, (†) and the Holy Spirit, come down on you and remain with you for ever.

All—Amen.

Dismissal

P—The Mass has been offered. Go in peace, glorifying the Lord by your life.

All—Thanks be to God.

PRAYER TO THE SACRED HEART OF JESUS

Divine Jesus, you have said, "Ask, and you shall receive; seek, and you shall find; knock, and it shall be opened unto you," behold me kneeling at your feet, filled with a lively faith and confidence in the promises dictated by your Sacred Heart and pronounced by your adorable lips. I come to ask this favor: *(Here silently mention your petitions.)*

To whom can I turn if not to you whose Heart is the source of all graces and merits? Where should I seek if not in the treasure which contains all the riches of your kindness and mercy? Where should I knock if not at the door through which God gives himself to us and through which we go to God? I have recourse to you, Heart of Jesus. In you I find consolation when afflicted, protection when persecuted, strength when burdened with trials, and light in doubt and darkness.

Dear Jesus, I firmly believe that you can grant me the grace I implore, even though it should require a miracle. You have only to will it, and my prayer will be granted. I admit that I am most unworthy

of your favors, but this is not a reason for me to be discouraged. You are the God of mercy and you will not refuse a contrite heart. Cast upon me a look of mercy, I beg of you, and your kind Heart will find in my miseries and weaknesses a reason for granting my prayers.

O Sacred Heart, whatever may be your decision with regard to my request, I will never stop adoring, loving, praising, and serving you. My Jesus, be pleased to accept this my act of perfect resignation to the decrees of your adorable Heart which I sincerely desire may be fulfilled by me and by all your creatures forever.

Sacred Heart of Jesus, I know that there is but one thing impossible to you: to be without pity for those who are suffering or in distress. Look upon me, I beg of you, dear Jesus, and grant me the grace for which I humbly implore you through the Immaculate Heart of your most sorrowful Mother. You have entrusted me to her as her child, and her prayers are all-powerful with you. Amen.