

Heart of the Child

Begin with the Sign of the Cross, to pray in His Name.

You, O Lord, I see in life. In everything surrounding me that is of You, I see beauty, wholeness, peace, joy and most especially love. Yours is a love that transforms, that reaches into the inner landscape of my soul. There is no mountain high enough or valley low enough that can keep Your Love from reaching me. No matter what I do or where I go, You will always be there, loving me, leading me home. You lead me to the desire of Your Heart, an inner Communion with You in Your Heart. Your desire is for an intimate, profound relationship with me and with each of the hearts and souls, which You created for the purpose of Love. As I sense Your Loving Presence in Life as a child, I awaken to Your Heart and am moved.

Suggested readings: (Pick one or two, alternating) John 1:1-14 and Psalm 139, Matt 12: 25-27 Praise of the Father, Matt. 18:10-14, 19:13-15

Additional Psalms: 63, 66, 96, 100,104, 131

Response: Choose a prayer poem from one of the Heart of the Child's sections. Read slowly in first person.

Reflection: What touches you, stands out, moves you? Silently focus on this word, phrase, feeling, repeating it as desired to increase your focus. As you focus on this, your distracting thoughts will subside as you deepen in your experience of His Heart. Listen for His Words to you in your heart.

Contemplation: When experiencing a sense of the Presence of the Lord in this or any prayer movement when you disengage your thoughts, you are invited to open your heart to Him and let Him lead you to where He wants you.

Sheltered in Your Love O Sacred Heart

Sheltered in Your love,
My heart moves to trust.
Cracking open the shell of fear
I stretch my wings of true freedom
And dream of flying.

Come closer, You whisper
And grow strong in my care.
Feed on my caresses,
Drink of My Love,
Grow strong in my embrace.
Your time will come
When we will fly,
Together.

The wind catches my wings;
I feel tremblings of future soarings.
I breathe in the wind
And stretch my wings.
Then I turn to You,
My true love,
My true freedom.
Finding comfort in Your embrace
I rest near Your Heart
And dream.

Child in Your Arms

Your child reaches arms to you in trust,
Needing to be closer,
Needing to be comforted
From the weariness of the world.

You lift me up, take me to You.
As the child I am,
I melt into Your embrace,
Molding to the comfort
Of Your strength,
Of Your Presence,
Of Your Love.

I close my eyes to the world
As my heart communes with the Triune Flame

Of the Eternal Father
Of the Sacred Son
In the Unity of the Holy Spirit.

Held in Your Embrace, O Sacred Heart,
I yield all I am to You
In trust, in obedience,
In comfort, in love.
And You take me as I am
And You carry me where You want me.

You are Keeper of my heart,
You are Keeper of my life,
You are Master of my soul.
I fall into You, yielding all to You.

Like a child, I have found
Where I want to be.
Not wanting to let go, I cling to You,
I allow Your movement to carry me
Where I want to be
Which is anywhere in You.

The Fire of Your Embrace
Burns away all pain,
Burns away all anxiety,
Burns away all fear,
Burns away all
That is not in You.

This Love
Of which I can only return my child's part,
Consumes me, cradles me in a union
With Your Eternal Heart
Carrying me closer to Home.

Hold me in Your Embrace, dear Sacred Heart,
And never put me down!
My home is in You.
When You hold me in Your Embrace
I am already Home in my heart.

My Precious Child

My dear Precious Child,
Even before I placed you
In your mother's womb
I knew you.
I loved you into existence
From the depths of My
Eternal Heart of Love.
There you were born;
There your soul and heart were formed
By Me and for Me.
There you will always stay:
Always with Me,
Surrounded by My Love.
Always you are My Precious Child
That I have created for the purpose of Love.

Come to My open arms of Love for you!
I await here on the Cross.
I await here in the tabernacle.
I await here in your heart.
Reach out for this special Love, My Child,
That is only for you.
You I desire.
You I await in silence.
It is you I pine for,
It is you I died for
To bring you to me forever.
My Love that is deeper than the universe,
Longer than eternity,
Is here for you.

Will you open your heart to me?
Will you become my sanctuary?
Will your heart accept
This Precious Love I offer you?
When I have filled you to overflowing,
Will you spill My Love out to the world

Open wide the doors of your heart!
Let Me come in fully
And form you into the Precious Jewel
I have in mind for you.

My Love is for you, my child,
My Precious One.
Come and take me in.

Hearts Join

Hearts join,
Falling into one another,
Sharing their contents
Until no longer can one tell
Where one begins, the other ends.

Hearts join,
Spilling over their Life Blood of
Love, joy, peace, compassion
In a unity beyond understanding.

Hearts join,
Like a mother and child
Clinging, bound in an embrace
Beyond words,
Calling forth gifts shared
With no thought of
Beginnings and ends,
Or of sources of feelings shared.

Join our hearts and
Cling to Me, child,
In My embrace
Where Love IS,
With no boundaries,
Where pain meets pain
In compassion without fences,
Where Fire begets Fire,
Where joy begets joy,
Where Love enkindles,
Dissolving two hearts into one,

Where thoughts whispered
In the Heart of One
Echo in the heart of another,
Where longings felt in the heart
Become responses in the
Hearts of both.

Cling to Me, child,
The Master invites,
As He longs for the embrace
Of the trusting child,
The one who loves without
Needing to know why;
The one who loves like the sun,
Always, even on the cloudy days;
The child who like the Master, even,
Despite injury, despite neglect,
Of those closest, loves still,
Without question, without limit.

Cling to Me, child,
The Master invites
As I make you My own
In My eternal embrace,
Where mutual longing
Becomes mutual love,
Where there is no boundary
Between our two hearts.

The Prayer Hedge

Wonder and awe were a constant companion
on that morning pathway
Praising God in every leaf,
Every crack in the sidewalk,
Every wispy cloud,
Every new flower or fallen leaf.
All things created were new and wondrous
And full of life.

Rounding that corner to my "prayer hedge"--
That wall of flowering vines,
Filled with inspired bees and insects,
Sweet fragrance, delicate flowers,
All too irresistible to a child--
I paused.

Day after day, this hedge trapped me in its wonder.
Filled with joy and peace
At this altar of Praise to our Creator,
I could not help but pause and become lost
In a seven-year-old prayer
Honoring our God who created this.

As days passed, just the thought of my prayer hedge
Brought praise and joy to my heart.
As I would near the corner,
My heart would rise in joy and anticipation.

Many tardy notices later, confronted with the world
Of time, space and rules,
My prayer hedge became a monument
To innocence and joy
As I was made to hurry past,
With sadness and longing in my heart.
Caught in the world of men,
The Heart of Joy of my Creator
Was something one learned to hurry by.
Some of us, however, are slow learners.

Love Medley

"Lord, help me to love you
As you desire to be loved"
Keeps rising in my soul
Leading me on
Drawing me deeper into You.

Your Sacred Heart, so mysterious, so alluring
Has captured my heart and made it Your own.
So constant do I feel the fire of Your love in my heart.
So constant also do I feel Your sorrow married to mine,
The thorns, a bittersweet joy, piercing my heart
Drawing me into deeper union.
It is as if my heart has become no longer mine
But, in essence, Your heart.

Could it be that You want more than worship
Of Your most Sacred Heart?
Could it be that You want our hearts to become
Your most Sacred Heart?
As we join in union with Your heart,
We become Your flame, Your presence,
No longer our own.
Our sorrows immerse in Yours
Caught up in Your love for Your people,
Ever constant, ever longing for our love,
Ever drawing us into Your Life and union with You.

Lord, help me to love you as YOU desire to be loved.
Let me spread Your love through Your Sacred Heart.
Lord, ignite in my heart all that You desire.
You know my heart better than I know it myself
And you know that it is Yours...forever.

This love that fills me and
Draws me into deeper union...
This love that is Yours
Began with You,
Increases in You,
Finds its fulfillment in You...
You, the Source,
You the destination,
The Alpha
The Omega
You are all.
Will You rejoice in my love?
Find comfort in my Love,
Your love, returned?

Lord, help me to love You as you desire to be loved.
Lord, accept all that I am into all that You are.
Help me to lose my self in You.

Simple Prayer

O Lord, in Your Most Sacred Heart,
My weakness is Your strength,
My darkness, Your Light,
My falling, Your catching,
My giving up, Your entering in,
My longing, Your joy.

My Heart and Yours

Beauty I placed around you today, Precious One:
Magnificent clouds, delicate colors,
Flowering trees, rainbows,
All to catch your attention,
To bring your thoughts to Me, my child.

My Love pours out all the more
At the pain I see in you.

My Sacred Heart aches with you.
I know everything you feel,
I feel it with you.
I know every thought,
I listen with great care.
I catch every tear in My Heart.

If you would but open your heart to Mine!
I stand poised waiting
To flood you with My Love and Graces.
Just say the word and My Heart is yours!
Come to Me for
Love is the substance of My Sacred Heart,
Ready to pour out for you.
Let Me warm your soul with My Fire.
Let My healing hands reach into your hurting heart
And hold it close to My Heart which knows all pain.
Let Me lift the burden of your pain
As your closeness to Me lifts the pain
Of My Heart that longs for you.

Let Your Heart made in my heart
Beat to Mine
And together we will find
What we desire.

Heart of the Master

I search for Your face
In the clouds, in the breeze on my face,
Between the lines I read and hear,
Everywhere I search
Hoping for a glimpse of You,
Watching, longing for Your Presence.
Amidst the shallow dreariness of the world,
I push the dark and gray aside
Searching for Your Light.

Like a child who thrives on little,
This heart leaps
From a few words, a small glimpse.
It takes little to satisfy,
Yet this heart is forever
Longing for Your embrace.

Though fascinated with Your thoughts,
In awe of Your beauty,
It is Your sacred, pure Love
That feeds this heart.
This Love that heals wounds,
This Love that soothes the soul,
The Love that is Life.

Your Sacred Heart joyfully gathers Your children,
For such, You said, is the Kingdom of God.
For the heart of the child reveals
The Heart of the Master.

Only You

Today, as the wind brushed against my face,
I felt Your presence...
In the sun, warming and comforting...
In the flowers, shimmering with Your colors...
In the round poplar leaves cascading with Your wind...
You were everywhere I looked
Overflowing with Your love,
Your sweet perfection,
Your undaunted mercy and joy.

As I was driving home,
Your love touched me,
Moving so sweetly
Opening my eyes to see
How deeply You desire
to be loved in return.
If only I could love You
As You desire to be loved!

As I was waiting for that signal to change
Seeing as if with Your eyes
into each heart around me.
If ONLY we could all love You
As You desire to be loved!

The vision of that world
Tumbling into my consciousness,
A world of love so complete
Our lives could do nothing but
Melt into one another's

In joyful union with our Savior's.

Lord, your presence carries me,
Moving all I see and touch
Into Your loving embrace.
Allow me to love you
As was Your desire
When You created me!

Take my thoughts and make them Your thoughts only,
Never straying, never doubting.
Take my heart and increase my love for You
Until that is all there is.
Take my soul and make it Your own
For it is Yours
And I am Yours.

Complete Your work in me.
Make me in the image of You.

Forever Yours.

First Love

How often we return to our first love,
Our first ways of finding You.

Do you remember, my Lord?
When as a young child, maybe 7 or 8,
How I slipped into Your presence
After benediction?
Do You remember that church, darkened,
Still with the aroma of incense?
Do You remember how I quietly knelt in the first pew,
Closest to You, I gazed upon Your face on the crucifix?
So long You held me in that gaze.
So tenderly You touched my heart.
So sweetly You broke my heart.

Your face, resting so helplessly on Your shoulder,
Your closed eyes, so soft, so surrendering,
Betraying the love You held even unto death.
Your arms, outstretched, nailed down,
Allowing all our abuse unchecked.
Your side, pouring forth Your precious redeeming blood
Mixed with the water of our cleansing.

How could we hurt You like this,
The One who could only love?
How could You bear the pain of our nails?
But more, the abandonment? The humiliation?

Overwhelmed with Your sacrificial love,
Tears trickled down my face.
How could I stop Your pain?
Could my love for You ease Your pain?
Comfort You?
They say You had to die for us to live,
but did You have to die like this?

Again, in my eternal pose at the foot of Your Cross,
I still ask the same questions.
Can my love for You numb Your pain?
Comfort You? Touch Your heart?
I pour out my love, Your love,
Hoping to fill Your wounds
With the balm of love and repentance.
Can our love now make that eternal moment for You
Less lonely, less painful?
As You hung on that cross, so long ago,
Could You sense then how You were drawing us to You today?
If we had just loved You and obeyed You from the beginning,
Would it have been the same?
Or has this always been Your plan?

The Sparrow

Pecking among the bits of trash
Searching for little treasures
Is a small, humble sparrow.
Though challenged to find
A patch of grass or a tree
Among the asphalt and bricks,
This sparrow seems not to mind.
Content, trusting, cheerful,
Focused on simple things,
Delighting in simple joys.

Sparrow, do you dream of the wilderness?
Do you long for another place, another time?
Do you desire more than your meager fare?

God's eye is on the sparrow.

Content are you in His loving care.
Trusting in the little things,
The big things are yours.

Fed by joy, warmed by love,
The sparrow knows the Father's House.
Gracious in His gifts,
The Father knows what is needed
Before it is asked.
His Heart's treasures belong
To the pure of heart.

The path to His Heart is found
Amidst the cast offs
The refuse,
All that is thrown away
Or cast aside.
In the midst of the hard cement
And the cast offs,
The sparrow finds His treasures
And warms his life
In the rays of the Father's Love.

A Child's Heart

Like the child that I am,
I run to Your Heart again;
Every day, sometimes many times!
I run to You
Wanting to throw my small arms
Around Your big Heart.
Show me again Your Ways,
Lead me again to Your
Sacred Heart that I desire.
Tell me Your stories.
Hold me close to Your Heart
For I am Yours and no others,
But I am just a child to You.

My steps are small
But they want to be bigger!
My words are simple
But they carry my heart.
My needs are few
But they center on You.

Take my hand once again
And lead me where You want me.
Speak Your words and Your stories
In my heart, again and again.
Let me be Your tagalong
Following Your every move,
Sitting at Your feet,
Walking in Your shadowless shadow.

Let me love You with my child's heart
Hoping for a place near You;
Hoping to slip through Your Gate
With the children;
Hoping for not a mansion room
But a little nook somewhere
Near to Your Heart.

Trail of Graces

I search you out wherever you go.
My Love pursues
Leaving a trail of graces, like a comet,
Wherever we have been.

I sing my serenade to your heart,
Painted with the colors of My Joy.
My love notes I leave on every tree,
Under every bush,
Written across the sky,
Carved in the sand,
Singing in the waves;
Wherever your eye falls,
There I write my notes of Love.
Come read of My Love,
Come taste of My Joy,
Come rest in My Peace.
Fear not, for I am Your God.

My Love pursues
Until you find your rest in Me.
My Heart calls
Until you find Your love in Me.
My Spirit moves
Until your soul moves in Me.

The Storms

There I was on that boat with your apostles,
As the storms rocked the boat and
Tossing waves threatened to capsize it.
As the storms increased in intensity
So did their emotions.
Fear and confusion reigned.
But there you lay, sleeping, or so it seemed,
So oblivious to the storm,
So calm, so in control.

As the apostles panicked, I looked to You.
You calmly and lovingly beckoned for me.
Like a child, I came, trusting,
And knelt at Your feet.
I sat there for a long time
Resting my head on Your knee,
As the storms continued to rage.
I closed my eyes and sank into Your peace.
The storms would go on
Washing over and around us in their fury
But I was safe and calm
In the pocket of Your Love.

As The Child

Later the thoughts,
Later the action,
But for now
Let me be as the small child,
Resting close to Your Heart,
Listening, becoming one with its beat,
Rising and falling with Your breath,
Wrapped in Your Love.
Here in Your healing embrace,
Joined with Your Sacred Heart,
My burdens become light,
Released into Your Love.
My thoughts dissolve
Into my experience of You
And Your limitless, Precious Love.

The Cherished Child

The cherished child
Knows not fear
But rests in the arms of Love,
Content with this simple joy.

The cherished child
Cares not to be as great
As the arms around her
But clings to the love of the Great One,
Content in the sharing,
Content to be bound together in Love,
Desiring not to be great
But to love and be loved greatly.

The cherished child
Delights in the delight of the Loved One;
Needs not to comprehend
The Majesty of the Loved One's mind,
But to love enormously
The Loved One's Sacred Heart.

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