

HEALING THE HEART

THE SPIRITUAL HEART
AND THE BIBLE

BRUNO CORTIS, M.D.
Author of Heart and Soul

Scriptural Meditations On the Heart

God wants to have a relationship with you. Just give Him a chance to enter your heart. He waits for you no matter if your faith is weak. Christ wants to live in you; all he needs is your open heart. He

will help you to overcome the obstacles, to forgive your sins, to bring you light.

The following meditations have been assigned to the fifty-two weeks of the year simply to provide substance for meditation on a weekly basis. Week one begins when you wish to begin. The meditations are not meant to coincide with the calendar year. Learning God's word, medi-

tating on their value for you, will promote spiritual growth and create inner peace and closeness to God. Let these words that I have assembled from the Bible enlighten your mind, find a dwelling place in your heart, and change your life.

Week 1:

A Change of Heart

God, with utmost kindness and mercy, invites us to avoid hardness of heart and to be receptive to his life-giving word. Jesus invites us to connect with the Spirit of God within and to follow the path of love and wisdom in the knowledge of God's Gospel.

Living in God's presence we find our heart infused with spiritual richness.

Ezekiel 11:19 I will give them a new heart and put a new spirit within them; I will remove the stony heart from their bodies, and replace it with a natural heart, so that

they will live according to my statutes.

Colossians 2:2–3 I wish their hearts to be strengthened and themselves to be closely united in love, enriched with full assurance by their knowledge of the mystery of God—namely Christ—in whom

every treasure of
wisdom and
knowledge is hidden.

2 Timothy 2:22 So, turn
from your youthful
passions, and pursue
integrity, faith, love
and peace, along with
those who call on the
Lord in purity of
heart.

Psalm 51:12 A clean heart
create for me, O God,
and a steadfast spirit
renew within me.

Baruch 2:30–31 They shall
have a change of
heart; they shall
know that I, the Lord,
am their God. I will
give them hearts, and
heedful ears...

Week 2:

A Glad Heart

Joy is the sign of God's presence in our life. Focusing on God we are inspired and guided to do His will and apply His precepts to our life, while transcending our joys and pains. Cheerfulness is a disposition of our heart to love others as our brothers

and sisters, and to live in Jesus' presence.

Psalm 13:6 I trust in your faithfulness. Grant my heart joy in your help.

Psalm 16:8–9 I set the Lord ever before me; with him at my right hand I shall not be disturbed. Therefore my

heart is glad and my
soul rejoices.

Psalm 19:8 The precepts of
the Lord are right, re-
joicing the heart ...

Proverbs 15:30 A cheerful
glance brings joy to
the heart ...

Psalm 40:9 In the written
scroll it is prescribed

for me. To do your
will, O my God, is
my delight, And your
law is within my
heart!

Week 3:

A Listening Heart

When we listen with our heart, we give attention from the deepest part of ourselves, and we respond to the ones we hear with love. As we treasure the Word in our heart, we allow the Lord to be present in our life and to be the light of our existence.

God is our rock and our refuge. Let your heart be entirely with God. Serve him with all your heart and soul.

Deuteronomy 11:18 Therefore, take these words of mine into your heart and soul.

Proverbs 4:20–21 My son, to my words be attentive, to my sayings

incline your ear; let
them not slip out of
your sight, keep them
within your heart.

Proverbs 22:17 Incline your
ear, and hear my
words, and apply
your heart to my doc-
trine ...

Proverbs 23:19 Hear my
son, and be wise, and

guide your heart in
the right way.

Sirach 37:13 Then, too,
heed your own
heart's counsel; for
what have you that
you can depend on
more?

Week 4:

A Merciful God

The heart is the symbol of compassion and love in the Christian world. The forgiveness and kindheartedness of Jesus are an invitation to apply his clemency and tenderness toward our neighbor and toward ourselves. When

you do this your heart will rejoice, says the Lord.

2 Maccabees 11:9 Then all of them thanked God for his mercy, and their hearts were filled with such courage ...

Jeremiah 17:10 I, the Lord, alone probe the mind and test the heart, to

reward everyone according to his ways, according to his ways, according to the merit of his deeds. They shall be my people and I will be their God, for they shall return to me with their whole heart.

Jeremiah 32:40 I will make with them an eternal covenant, never to

cease doing good to them; into their hearts I will put the fear of me, that they may never depart from me.

Ezekiel 3:10 Son of man, he said to me take into your heart all my words that I speak to you.

Joel 2:13 Rend your hearts,
not your garments,
and return to the
Lord, your God. For
gracious and merciful
is he, slow to anger,
rich in kindness and
relenting in punish-
ment.

Week 5:

A Natural Heart

The natural heart listens to the word of God, so nourishing, enlightening and life-giving. The natural heart symbolizes a bridge between the heart of men and the Divine, allowing us to be close to Him and to understand that God is all we need. The natu-

ral heart joins us to God's heart.

Ezekiel 11:19 I will give them a new heart and put a new spirit within them; I will remove the stony heart from their bodies, and replace it with a natural heart, so that they will live

according to my
statutes.

2 Corinthians 1:21–22 God
is the one who
firmly establishes
us along with you
in Christ; it is he
who anointed us
and has sealed us,
thereby depositing
the first payment,

the Spirit, in our hearts.

Ephesians 3:17 May Christ dwell in your hearts through faith, and may charity be the root and foundation of your life.

Ephesians 6:6 Do not render service for appear-

ance only and to please men, but do God's will with your whole heart as slaves of Christ.

Philippians 4:6–7 Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of

gratitude. Then
God's own peace,
which is beyond
all understanding,
will stand guard
over your hearts
and minds in
Christ Jesus.

Week 6:

Acceptance

Treasure the Word of Christ in your heart. Accept Jesus with unconditional love. He wants us to be Christ-like with heartfelt mercy, humility, kindness, and patience. We need to believe and to surrender. Jesus opens our hearts to the law and grants us peace.

Colossians 2:2–3 I wish their hearts to be strength-

ened and themselves
to be closely united
in love, enriched with
full assurance by
their knowledge of
the mystery of
God—namely
Christ—in whom
every treasure of
wisdom and
knowledge is hidden.

Colossians 3:15 Christ's peace must reign in your hearts, since as members of one body you have been called to that peace. Dedicate yourselves to thankfulness.

Colossians 3:16 Let the word of Christ, rich as it is, dwell in you. In wisdom made per-

fect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns and inspired songs.

1 Timothy 1:5 What we are aiming at is the love that springs from a pure heart, a good conscience, and a sincere faith.

Hebrews 4:12 Indeed God's word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart.

Week 7:

Anxiety

We become anxious when our attention is far from God. As we draw close to him and abandon ourselves with faith, we will feel His love and protection. If we cannot add a moment to our life span, says the Lord, why be anxious about the rest? For God is

merciful and he will never abandon us.

Proverbs 12:25 Anxiety in a man's heart depresses it, but a kindly word makes it glad.

Isaiah 35:4 Say to those whose hearts are frightened: Be strong, fear not! Here

is your God...he
comes to save you.

Jeremiah 32:40 I will make
with them an eternal
covenant, never to
cease doing good to
them; into their
hearts I will put the
fear of me, that they
may never depart
from me.

John 14:1 Do not let your hearts be troubled. Have faith in God and faith in me.

Philippians 4:6–7 Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace,

which is beyond all understanding, will stand guard over your hearts and minds in Christ Jesus.

Week 8:

Bring a Contribution to the Lord

Everything starts with God and finds purpose in Him. We have been given natural gifts and talents to be of service to others, fulfilling God's plans. May Jesus dwell in our hearts, and may charity be the foundation of our life.

Let us be generous with God and humanity as we are all His children, united by a common destiny.

Exodus 35:5 Everyone, as his heart prompts him, shall bring a contribution to the Lord...

Colossians 3:12 Because you are God's

chosen ones, holy
and beloved,
clothe yourselves
with heartfelt
mercy, with kind-
ness, humility,
meekness, and pa-
tience.

Colossians 2:2-3 I wish their
hearts to be
strengthened and
themselves to be

closely united in love, enriched with full assurance by their knowledge of the mystery of God—namely Christ—in whom every treasure of wisdom and knowledge is hidden.

2 *Thessalonians* 2:16–17

May our Lord
Jesus Christ him-
self, may God our
Father who loved
us and in his mer-
cy gave us eternal
consolation and
hope, console our
hearts and
strengthen them
for every good
work and word.

Ephesians 6:6 Do not render service for appearance only and to please men, but do God's will with your whole heart as slaves of Christ.

Week 9:

Christ's Peace

As Jesus is the center of our life, and we live according to His Word, we discover the greatest gift: the peace and serenity that is given to those who put their trust in Him—a serenity seated in our heart and grounded in the eternal love of God.

Philippians 4:7 Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will stand guard over your hearts and

minds in Christ Jesus.

Colossians 3:1 Since you have been raised up in company with Christ, set your heart on what pertains to higher realms where Christ is seated.

Colossians 3:15 Christ's peace must reign in

your hearts, since as members of one body you have been called to that peace. Dedicate yourselves to thankfulness.

Deuteronomy 4:29 Yet there too you shall seek the Lord, your God; and you shall indeed find him when you search after him with your

whole heart and your
whole soul.

Jeremiah 24:7–8 I will give
them a heart with
which to understand
that I am the Lord.
They shall be my
people and I will be
their God, for they
shall return to me
with their whole
heart.

Week 10:

Fear of the Lord

The beginning of wisdom is fear of the Lord. God reminds us to trust and love him in humility. Our thirst for the Divine is life-giving. As we draw close to God we discover a fortress of safety, an island of peace, a center in our spiritual universe.

1 Samuel 12:24 But you must fear the Lord and worship him faithfully with your whole heart; keep in mind the great things he has done among you.

2 Chronicles 19:9 You shall act faithfully and

wholeheartedly in the
fear of the Lord.

Psalm 86:11 Teach me, O
Lord, your way that I
may walk in your
truth; direct my heart
that it may fear your
name.

Sirach 2:17 Those who fear
the Lord prepare
their hearts and hum-

ble themselves before him.

Philippians 4:6–7 Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will

stand guard over
your hearts and
minds in Christ Je-
sus.

Week 11:

Focusing on God

When we focus on God we are at peace. Self-centeredness diverts our attention. Our life is an opportunity to get closer to God, to know him. Our search for the Divine is an inner drive of our Spirit; seeking closeness to God is an intimacy that

nourishes our heart and soul. Jesus invites us to open our heart to him, with humility and gratitude.

Deuteronomy 4:29 Yet there too you shall seek the Lord, your God; and you shall indeed find him when you search after him with whole

your heart and your
whole soul.

Deuteronomy 30:2 Return to
the Lord, your God,
and heed his voice
with all your heart
and all your soul.

1 Chronicles 22:19 There-
fore, devote your
hearts and souls to

seeking the Lord
your God.

Colossians 3:15 Christ's

peace must reign in
your hearts, since
as members of one
body you have
been called to that
peace. Dedicate
yourselves to
thankfulness.

James 4:8 Draw close to
God, and God will
draw close to you.
Cleanse your
hands, you sinners;
purify your hearts.

Week 12:

God Knows the Secrets of the Heart

The heart represents our inner core, the essence of who we are; it is where our fondest memories, sentiments and intentions reside. The heart is the source of meaning and values, the center of our consciousness. The heart fash-

ioned by God is the eye that guides us in our life.

Psalm 44:22 For he knows
the secrets of the
heart.

Psalm 139:23 Probe me, O
God, and know my
heart; try me and
know my thoughts.

Jeremiah 12:3 You, O Lord,
know me, you see
me, you have found
that at heart I am
with you.

Jeremiah 17:10 I, the Lord,
alone probe the mind
and test the heart, To
reward everyone ac-
cording to his ways,
according to the mer-
it of his deeds.

Luke 16:15 You justify yourselves in the eyes of men, but God reads your hearts. What man thinks important, God holds in contempt.

Week 13:

God Looks into the Heart

Within our heart resides the truth of who we are. Our heart symbolizes the whole person, our conscience, our higher meaning. The content of our heart reveals the dispositions of our will and our life plans.

1 Samuel 16:7 Not as man
sees does God see,
because man sees the
appearance but the
Lord looks into the
heart.

1 Kings 8:39 You who
alone know the
hearts of all men,
render to each one of
them according to his
conduct; knowing

their hearts, so treat them ...

1 Chronicles 28:9 As for you, Solomon, my son, know the God of your father and serve him with a perfect heart and a willing soul, for the Lord searches all hearts and understands all the mind's thoughts.

Psalm 20:5 May he grant
you what is in your
heart and fulfill your
every plan.

Psalm 44:22 For he knows
the secrets of the
heart.

Week 14:

God's Main Interest Is What's in Your Heart

Within our heart God resides. We come to know God in our hearts, not in our heads. God reveals himself through Jesus and the Holy Spirit. Let your heart be the center of your life, the guiding light, the source of eternal love.

1 Kings 8:39 You who alone know the hearts of all men, render to each one of them according to his conduct; knowing their hearts, so treat them ...

Wisdom 1:6 Because God is the witness of his inmost self and the

sure observer of his
heart ...

Sirach 42:18 He plumbs the
depths and penetrates
the heart; their in-
nermost being he un-
derstands.

1 Corinthians 4:5 He will
bring to light what is
hidden in darkness
and manifest the in-
tentions of hearts. At

that time everyone
will receive his
praise from God.

Revelation 2:23 Thus shall
all the churches come
to know that I am the
searcher of hearts
and minds, and that I
will give each of you
what your conduct
deserves.

Week 15:

God Rejects Negativity

In many ways God guides us to avoid sinful ways and draws us in closeness to him. Be on guard always. Whenever you experience negative attitudes, such as hatred or hostility, go within your heart and ask for direction to a positive outlook on life. Be

humble, kind, patient, and loving.

Job 36:5 Behold, God rejects
the obstinate in heart
...

Psalms 101:4 A crooked
heart shall be far
from me; evil I will
not know.

Psalm 101:5 The man of
haughty eyes and
puffed-up heart I will
not endure.

Proverbs 17:20 He who is
perverse in heart
finds no good, and a
double-tongued man
falls into trouble.

Sirach 10:12 The beginning
of pride is man's

stubbornness in
withdrawing his heart
from his Maker ...

Week 16:

Gratefulness

We have been fashioned in the image of God. Our life with our health and prosperity are a gift from our Creator. What can we do to deserve his infinite love? Let us fill our hearts with sincere thanks and worship our Lord wholeheartedly.

2 Maccabees 11:9 Then all of them thanked God for his mercy, and their hearts were filled with such courage ...

Psalm 86:12 I will give thanks to you, O Lord my God, with all my heart and I

will glorify your
name forever.

Psalm 16:8-9 I set the Lord
ever before me; with
him at my right hand
I shall not be dis-
turbed. Therefore my
heart is glad and my
soul rejoices.

Psalm 28:7 The Lord is my
strength, and my

shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Psalm 138:1 I will give thanks to you, O Lord, with all my heart, for you have heard the words of my mouth; in the

presence of the an-
gels I will sing your
praise.

Week 17:

Harden Not Your Heart

God is love. Let your heart be open to the Word. Allow the Word to descend from your mind to your heart. Pray each day to the Sacred Heart. Let the Sacred Heart be the center of your life, the source of vital energy, the fountain of eternal love. Remember

God's love for you—in the eyes of God you are invaluable.

Hebrews 4:7 “Today if you should hear his voice, harden not your hearts.”

Deuteronomy 8:11–14 Be careful not to forget the Lord, your God, by neglecting his

commandments
and decrees and
statutes which I en-
join on you today:
lest ... you then be-
come haughty of
heart and unmind-
ful of the Lord,
your God ...

1 Chronicles 22:19 There-
fore, devote your
hearts and souls to

seeking the Lord
your God.

Psalm 80:13 So I gave
them up to the hard-
ness of their hearts;
they walked accord-
ing to their own
counsels.

Proverbs 7:24–25 So now,
O children, listen to
me, be attentive to

the words of my
mouth! Let not your
heart turn to her
ways, go not astray
in her paths ...

Proverbs 23:19 Hear my
son, and be wise, and
guide your heart in
the right way.

Week 18:

Keep God's Words within Your Heart

God asks us to listen to the Word and to take action, to make it part of our heart and soul. Let God's teaching be the light of your soul. Be in touch with the Spirit of God within you. The life that God gives you is an opportunity to

know and deeply love this part of yourself, to become intimate with God. Spiritual tranquility comes from obeying to God's law.

Proverbs 4:20–21 My son,
to my words be attentive,
to my sayings incline your ear;
let not slip out of your sight,
keep them within your heart.

Proverbs 7:2–3 Keep my
commands and live,
my teachings as the
apple of your eye;
Bind them on your
fingers, write them
on the tablet of your
heart.

Proverbs 23:12 Apply your
heart to instruction,

and your ears to
words of knowledge.

Jeremiah 15:16 When I
found your words, I
devoured them; they
became my joy and
the happiness of my
heart ...

Job 22:22 Receive instruc-
tions from his mouth,

and lay up his words
in your heart.

Week 19:

Look within Your Heart

The heart is the center of spirit and courage, of interior insight, of our most intimate thoughts, of our ethical life. As you look within your heart, you discover a fountain of wisdom, intelligence and knowledge; you become aware of what drives your

life, and most of all you discover your true self. The Spirit of God within draws you close to Jesus' heart and to His love.

Deuteronomy 30:1 When all these things which I have set before you, the blessings and the curses, are fulfilled in you ...

you ponder them in
your heart ...

Tobit 13:6 When you turn
back to him with all
your heart, to do
what is right before
him, Then he will
turn back to you, and
no longer hide his
face from you.

Matthew 6:21 Remember,
where your treasure
is, your heart will be
also.

Luke 6:45 A good person
out of the store of
goodness in his heart
produces good, but
an evil person out of
a store of evil pro-
duces evil; for from
the fullness of the

heart the mouth
speaks.

Acts 2:26–27 My heart has
been glad and my
tongue has rejoiced,
my body will live on
in hope, for you will
not abandon my soul
to the nether world.

Week 20:

Rejoice

Joy is the sign of God's presence. The real exultation is to let Jesus dwell in our heart, to live in his presence with a heart infused by His unending love. It is a joyous endeavor to follow him faithfully, to keep his command-

ments and serve him wholeheartedly.

1 Chronicles 16:10 Glory in his holy name; rejoice, O hearts that seek the Lord!

Psalms 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my

heart exults and with
my song I give him
thanks.

Psalm 138:1 I will give
thanks to you, O
Lord, with all my
heart, for you have
heard the words of
my mouth; in the
presence of the an-
gels I will sing your
praise.

Proverbs 23:15 My son, if
your heart be wise,
my own heart also
will rejoice ...

Ecclesiastes 11:9 Rejoice,
O young man, while
you are young and let
your heart be glad in
the days of your
youth. Follow the
ways of your heart

the vision of your
eyes ...

Week 21:

Return to the Lord

God is love. Jesus wants to have a relationship with you: He wants to be intimately connected with you. We are children of God. His infinite love infused in us is a sign of God's mercy and compassion. Let your heart be open to his voice and to His Word.

Deuteronomy 30:2 Return to
the Lord, your God,
and heed his voice
with all your heart
and all your soul ...

Joel 2:13 Rend your hearts,
not your garments,
and return to the
Lord, your God. For
gracious and merciful
is he, slow to anger,

rich in kindness and
relenting in punish-
ment.

Romans 5:5 And this hope
will not leave us dis-
appointed, because
the love of God has
been poured out in
our hearts through
the Holy Spirit who
has been given to us.

Romans 15:6 May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another according to the Spirit of Christ Jesus so that with one heart and voice you may glorify God, the Father of our Lord Jesus Christ.

Ephesians 5:19–20 Sing

praise to the Lord
with all your hearts.
Give thanks to God
the Father always
and for everything in
the name of our Lord
Jesus Christ.

Week 22:

Thankfulness

How can you manifest your gratefulness to Jesus? Show your appreciation for your health, life, family, and wealth. Be conscious of this and full of gratitude, as the joy of living expresses itself in the experience of thankful-

ness. Present your love to God in every form of prayer.

Joshua 23:14 So now
acknowledge with
your whole heart and
soul that no one of
the promises the
Lord, your God,
made to you has re-
mained unfulfilled.

2 Kings 20:2 O Lord, remember how faithfully and wholeheartedly I conducted myself in your presence, doing what was pleasing to you!

2 Maccabees 1:3 May he give to all of you a heart to worship him and to do his will

readily and generously.

Psalm 13:6 I trust in your faithfulness. Grant my heart joy in your help, that I may sing of the Lord, “How good our God has been to me.”

2 Thessalonians 2:16-17

May our Lord Je-

sus Christ himself,
may God our Fa-
ther who loved us
and in his mercy
gave us eternal
consolation and
hope, console our
hearts and
strengthen them
for every good
work and word.

Week 23:

The Lord Searches the Heart

Within your heart resides the truth about yourself, your wholeness, the Spirit of God. The heart symbolizes the whole person, the essence of who you are. It is the seat of the soul and the center of our spiritual universe. Through

our heart we communicate
with God's Spirit within.

Jeremiah 17:10 I, the Lord,
alone probe the mind
and test the heart, To
reward everyone ac-
cording to his ways,
according to the mer-
it of his deeds.

Sirach 42:18 He plumbs the
depths and penetrates

the heart; their innermost being he understands.

Colossians 3:12 Because

you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience.

1 Corinthians 4:5 He will bring to light what is hidden in darkness and manifest the intentions of hearts. At that time everyone will receive his praise from God.

Revelation 2:23 Thus shall all the churches come to know that I am the

searcher of hearts
and minds, and that I
will give each of you
what your conduct
deserves.

Week 24:

Walking in the Light of the Lord

Have faith in God. The Bible says: “You, Lord give perfect peace to those who keep their purpose firm and put their trust in you.” Let Jesus be the center of your life, the source of your vital energy, the fortress of your safety.

Let Jesus' fountain of love
fill your heart.

Ephesians 3:17 May Christ
dwell in your
hearts through
faith, and may
charity be the root
and foundation of
your life.

Colossians 2:2–3 I wish their
hearts to be

strengthened and themselves to be closely united in love, enriched with full assurance by their knowledge of the mystery of God—namely Christ—in whom every treasure of wisdom and knowledge is hidden.

Colossians 3:16 Let the word of Christ, rich as it is, dwell in you. In wisdom made perfect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns and inspired songs.

2 *Thessalonians* 2:16–17

May our Lord Jesus Christ himself,
may God our Father who loved us
and in his mercy gave us eternal
consolation and hope, console our
hearts and strengthen them

for every good
work and word.

1 Timothy 1:5 The aim of
this instruction is
love from a pure
heart, a good con-
science, and a sin-
cere faith.

Week 25:

Wisdom

The Sacred Word says:
“Love the Lord your God
with all your heart and with
all your soul and with all
your mind and with all your
strength.” Let these words be
the light of your life and the
source of your wisdom.

Sirach 14:21 Happy the man who meditates on wisdom, and reflects on knowledge; Who ponders her ways in his heart, and understands her paths.

Sirach 50:27 Wise instruction, appropriate proverbs, I have written in this book, I Je-

sus, son of Eleazar,
son of Sirach, as they
gushed forth from
my heart's un-
derstanding.

Jeremiah 24:7–8 I will
give them a heart
with which to under-
stand that I am the
Lord. They shall be
my people and I will
be their God, for they

shall return to me
with their whole
heart.

Colossians 2:2–3 I wish their
hearts to be strength-
ened and themselves
to be closely united
in love, enriched with
full assurance by
their knowledge of
the mystery of God-
namely Christ- in

whom every treasure
of wisdom and
knowledge is hidden.

Colossians 3:16 Let the
word of Christ, rich
as it is, dwell in you.
In wisdom made per-
fect, instruct and ad-
monish one another.
Sing gratefully to
God from your hearts

in psalms, hymns and
inspired songs.

Week 26:

Wholeheartedness

The Bible says, “Love means living the way God commanded us to live. As you have heard from the beginning, his command is this: Live a life of love.” Open your heart to God’s Word, be humble, be generous toward

the needy, be Christ-like in everything you do.

2 Chronicles 16:9 The eyes of the Lord roam over the whole earth, to encourage those who are devoted to him wholeheartedly.

Colossians 3:12 Because you are God's

chosen ones, holy
and beloved,
clothe yourselves
with heartfelt mer-
cy, with kindness,
humility, meek-
ness, and patience.

2 *Thessalonians* 2:16–17

May our Lord Je-
sus Christ himself,
may God our Fa-
ther who loved us

and in his mercy
gave us eternal
consolation and
hope, console our
hearts and
strengthen them
for every good
work and word.

1 Peter 1:22 By obedience to
the truth you have
purified your-
selves for a genu-

ine love of your
brothers; there-
fore, love one an-
other constantly
from the heart.

1 John 2:24 As for you, let
what you heard
from the begin-
ning remains in
your hearts. If
what you heard
from the begin-

ning does remain
in your hearts,
then you in turn
will remain in the
Son and in the Fa-
ther.

Week 27:

The Way to Happiness

“Give yourselves to God. Surrender your whole being to Him to be used for righteous purposes,” says the Bible. Follow Jesus with all your heart; this is the way to contentment—focusing on God, living in His presence,

and serving others with your talents.

Acts 2:26–27 My heart has been glad and my tongue has rejoiced, my body will live on in hope, for you will not abandon my soul to the nether world.

Romans 5:5 And this hope will not leave us dis-

appointed, because the love of God has been poured out in our hearts through the Holy Spirit who has been given to us.

Romans 15:6 May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another accord-

ing to the Spirit of Christ Jesus so that with one heart and voice you may glorify God, the Father of our Lord Jesus Christ.

2 Thessalonians 3:5 May the Lord rule your hearts, in the love of God, and the constancy of Christ.

1John 3:19–20 This is our way of knowing we are committed to the truth and are at peace before him no matter what our consciences may charge us with; for God is greater than our hearts and all is known to him..

Week 28:

The Spiritual Heart

We all have a physical heart and a spiritual one, and the healing of the physical heart is intertwined with the spiritual heart. The spiritual heart is a sparkle of the Divine Heart of God. Be attuned to your spiritual heart. It can be

your light, and lead you to the Spirit of God within.

1 Kings 3:9 Give your servant, therefore, an understanding heart to judge your people and to distinguish right from wrong.

Psalms 51:19 My sacrifice, O God, is a contrite spirit; a heart contrite

and humbled, O God,
you will not spurn. .

Acts 15:8 God who reads
the hearts of men
showed his approval
by granting the Holy
Spirit to them just as
he did to us.

Romans 5:5 And this hope
will not leave us dis-
appointed, because

the love of God has been poured out in our hearts through the Holy Spirit who has been given to us.

Romans 8:27 He who searches hearts knows what the Spirit means, for the Spirit intercedes for the saints as God himself wills.

Week 29:

The Secrets of the Heart

Our heart represents the whole person. Within it are deposited our values, our desires, our spirit. God, the observer of our life, knows all. His never-ending love accompanies us all the days of our life. Our heart is the

fountain of love that bridges us to God.

Psalm 44:22 For he knows the secrets of the heart.

Ecclesiastes 3:11 He has made everything appropriate to its time, and has put the timeless into their hearts, without men's ever

discovering, from
beginning to end, the
work which God has
done.

Wisdom 1:6 Because God is
the witness of his
inmost self and the
sure observer of his
heart ...

Jeremiah 12:20 But you, O
Lord of hosts, O just

Judge, searcher of
mind and heart, Let
me witness the
vengeance you take
on them.

Jeremiah 20:12 O Lord of
hosts, you who test
the just, who probe
mind and heart ...

Week 30:

Taking Action

To believe in God and to practice His word needs to be implemented by action. What are you doing with the gifts and talents Jesus gave you? How much do you give of yourself? Love one another constantly from the heart; develop a deep sense of inter-

connectedness; be of service to others as spiritual missionaries guided by mercy.

Colossians 3:1 Since you have been raised up in company with Christ, set your heart on what pertains to higher realms where Christ is seated at God's right hand.

1 Thessalonians 5:14 We

urge you, brothers,
admonish the idle,
cheer the faint-
hearted, support the
weak, be patient
with all.

1 Peter 1:22 By obedience to
the truth you have
purified yourselves
for a genuine love of
your brothers; there-

fore, love one another constantly from the heart.

James 4:8 Draw close to God, and God will draw close to you. Cleanse your hands, you sinners; purify your hearts ...

2 Timothy 2:22 So, turn from your youthful

passions, and pursue integrity, faith, love and peace, along with those who call on the Lord in purity of heart.

Week 31:

Surrender to God

To surrender to God is to let Jesus direct our life. To have trust in Jesus, be filled with His presence and accept with faith the unknown. To relinquish to Jesus our life means that we recognize that God is all there is; and we realize that doing His will and obey-

ing His words leads to inner peace, freedom, and a fulfilled life.

Psalm 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Proverbs 3:5 Trust in the
Lord with all your
heart, on your own
intelligence rely
not.

Proverbs 23:26 My son,
give me your heart,
and let your eyes
keep my ways.

Tobit 13:6 When you turn
back to him with all

your heart, to do what is right before him, Then he will turn back to you, and no longer hide his face from you.

Jeremiah 29:12–13 When you call me, when you go to pray to me, I will listen to you. When you look for me, you

will find me Yes,
when you seek me
with all your heart,
you will find me
with you says the
Lord, and I will
change your lot.

Week 32:

The Signs of a Good Heart

The quality most often identified with the heart is love.

The love for Jesus brings joy to the heart. A good heart seeks the Lord, is nourished by His Word, and applies Jesus' teaching to his daily life serving the needy with mercy and kindness.

Psalm 138:1 I will give
thanks to you, O
Lord, with all my
heart, for you have
heard the words of
my mouth; in the
presence of the
angels I will sing
your praise.

Proverbs 15:15 Every day is
miserable for the

depressed but the
lighthearted man
has a continual
feast.

Proverbs 17:22 A joyful
heart is the health
of the body, but a
depressed spirit
dries up the bones.

2 *Thessalonians 2:16–17*
May our Lord Je-

us Christ himself,
may God our Fa-
ther who loved us
and in his mercy
gave us eternal
consolation and
hope, console our
hearts and
strengthen them
for every good
work and word.

2 Thessalonians 3:5 May
the Lord rule your
hearts, in the love
of God, and the
constancy of
Christ.

Week 33:

Seeking the Lord

Each of us seeks an attunement, an awareness more profound, a cosmic sense of wholeness. The search for God is the dominant motivator in our life. When we find God, our life is infused with spiritual richness and Christ's peace reigns in our hearts.

1 Timothy 1:5 What we are aiming at is the love that springs from a pure heart, a good conscience, and a sincere faith.

2 Timothy 2:22 So, turn from your youthful passions, and pursue integrity, faith, love and peace,

along with those
who call on the
Lord in purity of
heart.

1 Chronicles 22:19 There-
fore, devote your
hearts and souls to
seeking the Lord
your God.

2 Peter 1:19 Keep your at-
tention closely

fixed on it, as you would on a lamp shining in the dark place until the first of streak of dawn appear and the morning star rises in your hearts.

1 John 2:24 As for you, let what you heard from the beginning remains in your

hearts. If what you heard from the beginning does remain in your hearts, then you in turn will remain in the Son and in the Father.

Week 34:

Remembering God's Words

We hold the memory of the Word of God in our heart. God asks us to listen to the Word and to take action, to make it part of our heart and soul. It is gratifying to memorize the words of Jesus and to repeat them like positive af-

firmations, spiritually nourishing and uplifting.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

Hebrews 4:12 Indeed God's word is living and effective, sharper than any two-edged

sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart.

Hebrews 13:9 It is good to have our hearts strengthened by the grace of God and not by foods which are useless.

James 4:8 Draw close to God, and God will draw close to you. Cleanse your hands, you sinners; purify your hearts.

1 Peter 3:4 Your adornment is rather the hidden character of the heart, expressed in the unfading beauty of a

calm and gentle disposition. This is precious in God's eyes.

Week 35:

My Son, Give Me Your Heart

When Jesus looks for your heart, he is looking for all of you; the heart represents the whole person. Within your heart is the essence of who you are, your spiritual and ethical life. Jesus wants your awareness, your faith, and

your unconditional love because you are God's chosen one.

Colossians 3:15 Christ peace must reign in your hearts, since as members of one body you have been called to that peace. Dedicate yourselves to thankfulness.

Matthew 22:37 You shall love the Lord your God with your whole heart, with your soul, and with all your mind.

1 Timothy 1:5 What we are aiming at is the love that springs from a pure heart, a good conscience, and a sincere faith.

Hebrews 12:5-6 My sons, do not disdain the discipline of the Lord nor loose heart when he reproves you; For whom the Lord loves, he disciplines.

James 4:8 Draw close to God, and God will draw close to you. Cleanse your hands,

you sinners; purify
your hearts.

Week 36:

Love

Our hearts are full of love, the love of the Divine. Our mission in life is to be of service to others, to be spiritual missionaries guided by our heart. Where are our eyes and our heart? Are they focused on God? God always calls us back to his everlasting love.

The depth of our love for God is reflected by how much we are aware of God's passionate love for us.

Deuteronomy 13:4 For the Lord, your God, is testing you to learn whether you really love him with all your heart and with all your soul.

Deuteronomy 30:6 The Lord,
your God, will cir-
cumcise your hearts
and the hearts of
your descendants,
that you may love
the Lord, your God,
with all your heart
and all your soul,
and so you may live.

Song of Songs 3:4 I had
hardly left them

when I found him
whom my heart
loves.

Isaiah 54:10 Though the
mountains leave their
place and the hills be
shaken, My love
shall never leave you
nor my covenant of
peace be shaken ...

1 Peter 1:22 By obedience to the truth you have purified yourselves for a genuine love of your brothers; therefore, love one another constantly from the heart.

Week 37:

Letting God Find You

Spend time with God. Become friendly with Him. Silently seek His presence and open the deep recesses of your heart. Be nourished by his love and compassion. Surrender yourself to Him and obey his guidance. Let Jesus dwell in your heart.

Psalm 27:14 Wait for the
Lord with courage;
be stouthearted,
and wait for the
Lord.

Proverbs 3:5 Trust in the
Lord with all your
heart; on your own
intelligence rely
not.

Jeremiah 29:12–13 When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find me with you says the Lord, and I will change your lot.

Ezekiel 22:14 Can your heart
remain firm, will
your hands be
strong, in the days
when I deal with
you?

Joel 2:13 Rend your hearts,
not your garments,
and return to the
Lord, your God.
For gracious and

merciful is he, slow
to anger, rich in
kindness and re-
lenting in punish-
ment.

Week 38:

Knowing God's Words

Knowing God's words means applying them to everyday life. Let them be your light, your wisdom, and your guidance. Let them descend from your mind to your heart as if God is talking directly to you. Repeat them frequently to in-

spire you to worship your Creator.

Deuteronomy 5:39 This is why you must know, and fix in your heart, that the Lord is God in the heavens above and on the earth below, and that there is no other.

Deuteronomy 11:18 Therefore, take these words of mine into your heart and soul.

Proverbs 22: 17 Incline your ear, and hear my words, and apply your heart to my doctrine ...

Romans 10:8 What is it he does say? “The word is near you, on your lips and in your heart.”

Romans 2:15 They show that the demands of the law are written in their hearts.

Week 39:

I Am with the Lord

The Spirit of God is within us. God is closer to us than our breath. Living life in the presence of the Lord is heart-warming and leads to inner peace, fulfillment, and freedom. Jesus has promised: I will never leave you, I will never abandon you.

Psalm 16:8–9 I set the Lord
ever before me; with
him at my right hand
I shall not be dis-
turbed. Therefore my
heart is glad and my
soul rejoices.

Psalm 27:8 Of you my heart
speaks; you my
glance seeks, your

presence, O Lord, I
seek.

Psalm 28:7 The Lord is my
strength, and my
shield. In him my
heart trusts, and I
find help; then my
heart exults and with
my song I give him
thanks.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

Psalms 61:3-4 From the earth's end I call to you as my heart grows faint. You will set me high upon a rock; you will give me rest, for you are

my refuge.

Week 40:

Humility

Humility is a quality of Jesus. He is the supreme example of submissiveness. He reminds us that power and material things are not the most significant things in life. Rather than seeking insignificant things, strive for spiritual growth and the ability to

love. Jesus' heart speaks to our heart.

Daniel 3:87 Holy men of humble heart bless the Lord; praise and exalt him above all forever.

Colossians 3:12 Because you are God's chosen ones, holy and beloved, clothe your-

selves with heartfelt
mercy, with kind-
ness, humility,
meekness, and pa-
tience.

Daniel 3:39 But with con-
trite heart and hum-
ble spirit let us be re-
ceived ...

Matthew 5:8 Blest are the
single-hearted for
they shall see God.

Matthew 11:29 Take my
yoke upon your
shoulders and learn
from me, for I am
gentle and humble of
heart. Your souls will
find rest, for my yoke
is easy and my bur-
den light.

Week 41:

Heart Intelligence

The intelligence of the heart and its wisdom are important qualities of the heart. The Spirit of God resides in our heart, and it is the bridge to communicate with Him. The wisdom and the intelligence of the heart is our guide and the pathway to self-

knowledge—in our heart we discover our life goals and our mission in life.

Psalm 49:4 My mouth shall speak wisdom; prudence shall be the utterance of my heart.

Proverbs 2:10 For wisdom will enter your heart, knowledge will please your soul.

Ecclesiastes 8:5–6 He who keeps the commandment experiences no evil and the wise man's heart knows times and judgments; for there is a time and a judgment for everything.

Sirach 14:21 Happy the
man who meditates
on wisdom, and re-
flects on knowledge;
Who ponders her
ways in his heart, and
understand her paths.

Jeremiah 24:7–8 I will give
them a heart with
which to understand
that I am the Lord.
They shall be my

people and I will be
their God, for they
shall return to me
with their whole
heart.

Week 42:

God's Heart

Be Christ-like: worship God and trust in his love. We are spiritual beings, created in the image of God. The Spirit of God working in us helps us to renew ourselves and grow. God invites us to seek a spiritual path with heart, serenity, and hope.

Job 9:4 God is wise in heart
and mighty in
strength; who has
withstood him and
remained unscathed?

Psalms 37:18 The Lord
watches over the
lives of the whole-
hearted; their inher-
itance lasts forever.

Proverbs 22:11 The Lord loves the pure of heart; the man of winning speech has the king for his friend.

Proverbs 23:15 My son, if your heart be wise, my own heart also will rejoice...

Proverbs 23:26 My son,
give me your heart,
and let your eyes
keep my ways.

Week 43:

God Is Our Help and Our Salvation

When we focus on God and we become centered in Jesus, the Lord's help is constant and our life is directed toward salvation. Venerate the Lord in your heart. Be obedient to the truth, and the grace of God will assist you to

transcend your challenges
and sense a higher meaning.

Job 23:12 From the com-
mands of his lips I
have not departed;
the words of his
mouth I have treas-
ured in my heart.

Psalms 19:15 Let the words
of my mouth and the
thought of my heart

find favor before
you, O Lord my rock
and my redeemer.

Psalm 28:7 The Lord is my
strength, and my
shield. In him my
heart trusts, and I
find help; then my
heart exults and with
my song I give him
thanks.

Psalm 61:3 From the earth's
end I call to you as
my heart grows faint.
You will set me high
upon a rock; you will
give me rest, for you
are my refuge.

Proverbs 7:24-2 So now, O
children, listen to me,
be attentive to the
words of my mouth!
Let not your heart

turn to her ways, go
not astray in her
paths.

Week 44:

God as a source of joy

Intimacy with God is the path to fulfillment. Joy is the sign of God's presence in our life. With happiness in our heart our life is embedded in spiritual richness. Joy leads to love for humanity and mutual interconnectedness.

Sirach 50:23 May he grant
you joy of heart
and may peace
abide among you.

Isaiah 66:13–14 As a moth-
er comforts her son,
so I will comfort
you. When you see
this, your heart
shall rejoice and
your bodies flour-
ish like the grass.

Jeremiah 15:16 When I
found your words, I
devoured them;
they became my
joy and the happi-
ness of my heart ...

1 Chronicles 16:10 Glory in
his holy name; re-
joice, O hearts that
seek the Lord!

Ephesians 5:19–20 Sing

praise to the Lord
with all your hearts.
Give thanks to God
the Father always
and for everything
in the name of our
Lord Jesus Christ.

Week 45:

Faithfulness

Finding God in the midst of suffering, surrendering to the unknown future, and looking at life through the eyes of God are signs of accepting the will of God and believing that the Divine always knows what is best for us. Jesus embraces us with everlasting

love. Jesus meets us where we are.

Deuteronomy 13:4 For the Lord your God, is testing you to learn whether you really love him with all your heart and with all your soul.

Joshua 22:5 Moses, the servant of the Lord,

enjoined upon you:
love the Lord your
God; follow him
faithfully; keep his
commandments;
remain loyal to
him; and serve him
with your whole
heart and soul.

Joshua 23:14 So now
acknowledge with
your whole heart

and soul that no one of the promises the Lord, your God, made to you has remained unfulfilled.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

1 Chronicles 28:9 As for you, Solomon, my son, know the God of your father and serve him with a perfect heart and a willing soul, for the Lord searches all hearts and understand all the mind's thoughts.

Week 46:

Emotions of the Heart

The heart is the source of our feelings and emotions. Does your life have a path, and does that path have a heart? The passionate love of Jesus for us echoes in our heart. The life that God gives us is an opportunity to know and deeply love this part of our-

selves, to become intimate, to follow our intuition.

Psalm 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Psalm 61:3 From the earth's end I call to you as my heart grows faint. You will set me high upon a rock; you will give me rest, for you are my refuge.

Daniel 13:35 Through her tears she looked up to heaven, for she trusted in the Lord wholeheartedly.

Joel 2:12 Yet even now says the Lord, return to me with your whole heart, with fasting and weeping, and mourning..

Luke 24:32 They said to one another, “Where not our hearts burning inside us as he talked to us on the road and

explained the Scrip-
tures to us?

Week 47:

Belief

Belief is hope in things not seen. What we believe shapes our life. To believe is to accept God as our creator, the giver of life. Trust him wholeheartedly and let Jesus dwell in your heart as an infinite love communicating with us through the Spirit within,

drawing us near with utter sincerity and absolute confidence.

Jeremiah 29:12–13 When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find

me says the Lord,
and I will change
your lot.

Ezekiel 3:10 Son of man, he
said to me to take in-
to your heart all my
words that I speak to
you.

Matthew 5:8 Blest are the
single-hearted for
they shall see God.

Mark 4:20 But those sown on good soil are the ones who listen to the word, take it to heart, and yield at thirty and sixty and a hundred fold.

1John 3:19–20 This is our way of knowing we are committed to the truth and are at peace

before him no matter
what our consciences
may charge us with;
for God is greater
than our hearts and
all is known to him.

Week 48:

Awareness of God's Presence

We are all children of God. Practicing His presence means listening to His inner voice, seeing Jesus in every person we meet, living a Jesus-centered life, with a purpose to serve. Every single moment of absorption in

prayer is a spiritually enriching and transforming experience. We reflect indirectly on our limited nature and the necessity of imparting a spiritual dimension to the meaning of our life.

Psalm 16:8–9 I set the Lord
ever before me; with
him at my right hand
I shall not be dis-
turbed. Therefore my

heart is glad and my
soul rejoices...

Psalm 27:8 Of you my heart
speaks; you my
glance seeks, your
presence, O Lord, I
seek.

Psalm 62:9 Trust in him at
all times, O my peo-
ple! Pour your hearts

before him; God is
our refuge!

Psalm 86:12 I will give
thanks to you, O
Lord my God, with
all my heart and I
will glorify your
name forever.

Proverbs 4:20–21 My son,
to my words be atten-
tive, to my sayings

incline your ear; Let
them not slip out of
your sight, keep them
within your heart.

Week 49:

Appreciation

Wake up and be grateful! Gratefulness has been defined as being alive to the fullest. The loving God gives you so much! God gives you LIFE. You can breathe, see, touch, and hear! These are gifts bestowed on you daily. Be conscious of this and full

of appreciation, as the joy of living is expressed in the experience of thankfulness. Jesus' heart embraces you with never-ending love.

Numbers 15:39 Remind you to keep all the commandments of the Lord, without going wantonly astray after the desires of your hearts and eyes.

Joshua 23:14 So now
acknowledge with
your whole heart and
soul that no one of
the promises the
Lord, your God,
made to you has re-
mained unfulfilled.

2 Maccabees 11:9 Then all
of them thanked God
for his mercy, and

their hearts were
filled with such
courage ...

Psalm 9:2 I will give thanks
to you, O Lord, with
all my heart ...

Ephesians 5:19–20 Sing
praise to the Lord
with all your hearts.
Give thanks to God
the Father always

and for everything in
the name of our Lord
Jesus Christ.

Week 50:

Trusting God

Trusting and surrendering to God are the foundations of our faith. The abundant love in our heart allows us to commune with the Spirit of God within. God is our loving Father, our creator, our light, and our promise of eternal life for those who

love Him. Live in God's presence. See Jesus in everyone you meet.

Psalm 62:9 Trust in him at all times, O my people! Pour your hearts before him; God is our refuge!

Jeremiah 29:12–13 When you call me, when you go to pray to

me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find me with you says the Lord...

Jeremiah 32:40 I will make with them an eternal covenant, never to cease doing good to

them; into their hearts I will put the fear of me, that they may never depart from me.

Matthew 5:8 Blest are the single-hearted for they shall see God.

Romans 5:5 And this hope will not leave us disappointed, be-

cause the love of
God has been
poured out in our
hearts through the
Holy Spirit who has
been given to us.

Week 51:

Meditation

Meditation is a spiritual practice that allows you to discover the truth within your heart. When you meditate, you are at the center of yourself where God is talking to you. Meditation is the pathway to self-knowledge, intimacy with God, to inner

peace, and love in your spiritual universe.

Sirach 50:28 Happy the man who meditates upon these things, wise the man who takes them to heart!

Deuteronomy 30:1 When all these things which I have set before you, the blessings and the

curses, are fulfilled
in you ... you ponder
them in your heart ...

1 Samuel 12:24 But you
must fear the Lord
and worship him
faithfully with your
whole heart, keep in
mind the great things
he has done among
you.

1 Corinthians 4:5 He will bring to light what is hidden in darkness and manifest the intentions of hearts. At that time everyone will receive his praise from God.

2 Corinthians 1: 21-22 God is the one who firmly establishes us along with you in

Christ; it is he who anointed us and has sealed us, thereby depositing the first payment, the Spirit, in our hearts.

Week 52:

Have No Fear

When our attention is away from God, we experience fear. Fear hunts us and the remedy is trust in God's eternal love. Trust in God, in his power, and in the promise that He will never abandon us. Faith in God is the pathway to peace. Realize that

God is close to you always: choose faith over fear. We never know the time or the hour when the angel of death will come, so be ready by living in God's presence. Trust in his love.

Deuteronomy 1:21 Do not
fear or lose heart.

2 Chronicles 19:9 You shall
act faithfully and

wholeheartedly in the
fear of the Lord.

Judith 10:16 When you
stand before him,
have no fear in your
heart;

Isaiah 35:4 Say to those
whose hearts are
frightened: Be
strong, fear not! Here

is your God ... he
comes to save you.

John 14:1 Do not let your
hearts be troubled.
Have faith in God
and faith in me.

Through the Eyes of God

I leave you with
the words of a
prayer/poem that
came to me as I
was meditating:

When you see
through the eyes of
God,
You see only beauty
and perfection
around you.

When you see
through the eyes of
God,

Other people be-
come you.

When you see
through the eyes of
God,
You accept yourself,
all of yourself,
And discover the
purpose of life:

To become all that
you are.

Then, only then, you
are free, you are
pure love,

Seeing through the
eyes of God.

I hope that my words touched

your heart, drawing you closer to God, and lending you inner peace. My mission would be so accomplished and I thank you.

