

JESUS LOVES YOU

Dilexit Nos



RESOURCE FOR FAMILIES



Using the Guide

Preparation:

Read through the Introduction section of this guide and “Jesus Loves You” a reflection on the Sacred Heart focusing on Jesus’ love for us. Familiarise yourself with the significance of the Sacred Heart today.

Presentation:

Share the story of the Sacred Heart with the children in an engaging and interactive manner, Encourage them to reflect on Jesus’ love and how he loves them, their family and their parish community.

Activities:

Conduct the reflection activities and crafts offered in this resource. Try to deepen the children’s understanding of and connection to Jesus.



Background:

Dilexit Nos, which means “He Loved Us,” is a special letter from Pope Francis. In it, he talks about the Sacred Heart of Jesus, which shows us how much Jesus loves every person. Pope Francis explains that Jesus’ heart is like a big, warm hug, always open to everyone.

Introduction to the Sacred Heart



Introduction

The Sacred Heart of Jesus is a special symbol in the Catholic faith, representing Jesus' deep love for everyone. His heart is open and loving, showing how much He cares for each of us, always welcoming us with kindness and compassion.

A long time ago, in France, a nun named Margaret Mary Alacoque had a very special experience. She felt Jesus telling her all about His heart and how much He loves everyone. Jesus asked her to share this love with others, so they could feel close to Him.

Later, another nun, Mary of the Divine Heart, who lived in Portugal, felt Jesus asking her to tell the Pope to invite the whole world to love His Sacred Heart. This devotion spread far and wide, and it helps us remember that Jesus' heart is like a warm, loving hug that's always there for us.

Even before Margaret Mary and Mary of the Divine Heart, people thought about Jesus' love in this way. Many years before, in the Middle Ages, a woman named Gertrude the Great also spoke about how amazing Jesus' heart was. The truth is that God's People have always found comfort and hope in remembering that Jesus' heart is full of love for each one of us!

Pope Francis' reminds us that Jesus' love can help us be kinder and more caring toward others, just like He is with us.

Story Time

The Heart that Loved Us First

Imagine someone who loves you so much that they always want to be your friend. Jesus is that friend! He told his disciples, "I have loved you" (John 15:9). Jesus' Sacred Heart shows His love, ready to forgive, welcome, and care for everyone.

Imagine how Margaret Mary Alcoque felt when she encountered the love of Jesus in her life. If you were Margaret Mary how would you feel? Would you want to share Jesus love with your friends? How would you share Jesus love with them?



Reflections and Activities



Activity: Draw Jesus' Heart

1. Draw a big heart on a piece of paper.
2. Inside the heart, write or draw things that make you feel loved and cared for (e.g., family, friends, helping others).
3. Decorate your heart with colors and shapes. Remember, Jesus' heart is full of these good feelings for all of us!

Discussion Questions:

- What do you think it means that Jesus' heart is open to everyone?
- How do you feel when you know that Jesus loves you no matter what?
- Can you think of a time you showed love to someone like Jesus does?

Craft Activity: Create a Sacred Heart

Using red and yellow paper, cut out a heart and flame shape to make your own Sacred Heart symbol. Attach the flame above the heart as a reminder of Jesus' burning love for you. You can add stickers, glitter, or any decorations that make you think of love and kindness.

Service Project: Love in Action

This week, show your love by:

- Helping a friend or sibling.
- Being kind to someone who may feel left out.
- Saying a prayer for someone who needs extra love.

Prayers to the Sacred Heart of Jesus

Sacred Heart of Jesus



Sacred Heart of Jesus

Sacred Heart of Jesus,
You are good, wise, and full of love.
I praise you when I wake up,
I praise you before I sleep.

Sacred heart of Jesus, hear my
simple prayer:

Bless my family and my friends.
Help my eyes to see all the Love you
send me.

Help my ears to listen to those who
need me.

Guide my feet to follow your way.

Let my hands be kind and loving.

Stay with me, Jesus, in all I do and
say.

Amen.