

## **'BROKEN to OPEN' – *The Sacred Heart of Jesus***



Prior to this, seldom did it happen that incessant prayers went unanswered, that I was left at the mercy of circumstances, that I had to let down all my guards, that I had nothing else but to surrender, **that my heart was totally broken!**

But now, in the most sensitive and endearing area of my life, I was left utterly helpless, hopeless, broken and wounded! **So much so that I keep wondering still, what good/lesson does this heartbreak hold in store for me!**

One of our teachers was sobbing and sharing with me last week as to how she has been struggling with her heartaches while experiencing years of miscarriages and infertility. It is a hard mountain to climb. To desire and want a baby so badly that it reaches down into every aspect of your life, **replacing what should be joy with a deep longing.** We can understand what it means to want something so intensely that it consumes your thoughts. We know what it means to cry because you want to hold your baby and you can't - *not this side of heaven!*

She shared how she is having a lot of trouble being around people. She mentioned that she was with a group of friends recently and one of them announced that she was pregnant. **She said she fought the urge to get up and leave.** Of course she did!

Our Faith tells us to accept these pains, let go and surrender. But, of course, **acceptance and surrender is not something that happens overnight.** It is also something that does not happen during the happy times of our life. These lessons are learned through tears and heartaches; in times of loneliness, depression, anxiety and fear.

If I accept my helplessness in that specific area of my life, will I stop feeling this intense pain? If that teacher accepts her situation, will she be able to rejoice with her pregnant friend without wishing it was her? **I don't think so.** Of course, it would bring in a sense of peace, but it would be asking too much to completely erase these intense feelings. **Perhaps these intense feelings remain to be used by God.**

Paul talks about a thorn in his flesh and how he prayed three times that God would remove it. Now, remember who Paul was. He performed miracle after miracle. He witnessed the hand of God and the saving grace of Jesus a thousand times. **If anyone were to pray and achieve results, it would be Paul. Yet, God refused to take away that thorn in his flesh. Why?**

*"And he said to me, my grace is sufficient for you: for my strength is made perfect in weakness." (2 Corinthians 12:9)*

Is it possible that even a great man of faith like Paul had to be reminded that his strength comes from God and God alone? How often do I struggle on my own? **How often does my independent nature take over and try to instruct God rather than simply follow?** Don't I reject the pain in my life in an effort to remain secure in my own ways?

Yes, I would still feel twinges of pain. Like Paul's thorn, those twinges must remain because they would keep me constantly seeking out God's strength. Can I think of anything that would bring me closer to God than having such a strong need?

*Maybe our weaknesses remain weaknesses, so that our strength lies in Him alone.*

**Grieve your weakness.** Whatever your weakness looks like, allow yourself to cry and experience the painful emotions necessary to heal.

**Don't underestimate the power of acceptance.** When we accept our hurt, we can go to God with it. *Remember, God has not forsaken you in your hurt.* He is simply standing by your side waiting for you. He cannot help you if you do not hand Him your pain.

**Don't take it back.** Yes, the triggers will come. Yes, you will hurt, but leave it at the feet of Jesus. Don't take it back when the emotions sweep over you.

**Accept God's strength.** When you give your weakness to Jesus, he surrounds you with strength. Your weakness is then used for His glory. His light shines brighter through you. You can, then, reach out a hand to your neighbor and say, *"My God strengthened me, and He can strengthen you too!"*

Friends, only when we have trusted and broken our heart enough times, will we reach a point where we'll realize that loving and trusting God is not a game of defenses. 'Loving God' is a space where we have to drop all our guards. We can love Him freely, only if we are not afraid to have our hearts, **BROKEN**. **"You have to keep breaking your heart until it opens"**, says Rumi, the great Sufi mystic.

As we celebrate the **feast of the Sacred Heart of Jesus**, that was brutally wounded and afflicted for love of each one of us, let's take a look at our struggles and make a decision, **"Will we continue to struggle or will we allow this 'thorn' to bring us God's strength?"**

*I pray this takes each one of us, one step closer to learning how to embrace God's strength in our weakness and allow Him to use it for His glory! Amen!*

**Happy Feast of the Sacred Heart!**

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