

**HEARTS ON FIRE
SACRED HEART VALUES REFLECTION
FEBRUARY: PEACE**

The person or group who will share this reflection should gather in a quiet place and begin with a moment of silence (and perhaps light a candle or some other way of being mindful of prayer).

*All make the sign of the cross together:
In the name of the Father, and of the Son...*

One person reads the Scripture passage: John 20:24-29

A reading from the Gospel of John.

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nail marks and put my hand into his side, I will not believe." Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

The Word of the Lord.

All read the Parish Mission Statement together:

Sacred Heart Parish is a welcoming Catholic community which inspires faith in God through prayer, sacraments and service while living Gospel values as faithful followers of Jesus Christ.

One person reads the definition of Peace:

Peace means encouraging reconciliation with God, one another and the Church.

Spend a few moments in silence answering the following questions (you can write your answers if you like):

1. What does this value say to you?

2. How do you experience this value at Sacred Heart?

3. How could I help encourage parishioners at Sacred Heart to strive for peace?

Spend a few moments sharing your answers to the three questions. If the group has more than four members, share your answers with one other person.

Finish this reflection by praying the Hearts on Fire prayer together:

Let us pray.

**Most Sacred Heart of Jesus,
set our hearts on fire for love of you
and help our parish to know how to best serve you.**

Help our parish to

Follow you,

Invite participation,

Renew community, and

Explore our future

by discerning together how we can be your faithful disciples.

You have been our inspiration for many years;

may we continue to trust in you

and place you above all else in our lives.

We make this prayer in your holy name,

for you live and reign in unity

with the Father and the Holy Spirit,

one God, forever and ever. Amen.