Hearts Like His

A Family & Faith Connection from the Catholic Schools of the Diocese of Metuchen

Year of the Sacred Heart of Jesus • Forming Hearts Like Christ

Teach - Witness - Evangelize -Hope

SEPTEMBER | Saint Margaret Mary Alacoque — Love of Jesus | Opening Our Hearts to Christ

Family & Faith Connection

September opens a new school year with a simple invitation: to make our hearts more like the Heart of Jesus — gentle, patient, and full of love. As routines take shape, pause together and ask: what would it look like to let Christ shape our hearts this year?

Faith isn't only for Sunday — it belongs in the car ride to practice, the homework table, and the goodnight prayer. Each issue offers one small way to bring that love home.

Saint Spotlight

St. Margaret Mary Alacoque (1647–1690) was a French Visitation sister who received visions of Jesus revealing His Sacred Heart — burning with love for humanity, yet so often met with indifference.

Jesus asked her to spread devotion to His Heart and remind the world of His nearness and mercy. Her feast, October 16th, invites us to trust that Christ's love is patient enough for our whole family's journey.

For children: "Jesus showed a saint His heart so we'd never forget how much He loves us."

Scripture Connection

"Learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

— Matthew 11:29

Jesus doesn't just teach us about love — He invites us to learn the very shape of His heart by staying close to Him. Rest, in this verse, isn't the absence of busyness; it's the peace of walking alongside someone who is gentle with us.

Ask: Where in our family's week could we use more gentleness and less hurry?

Living the Virtue: Love

This month's virtue is love — not as a feeling, but as a daily choice. St. Thomas Aquinas described love as "to will the good of another," which is something every family member, from toddler to teen, can practice.

- Notice one need in someone else's day and quietly meet it.
- Choose gentleness in your tone, especially when tired or frustrated.
- Say "I love you" out loud, even on ordinary days.

Dinner Table Conversation

Set aside a few minutes this week — at dinner, in the car, or before bed — to talk together as a family:

- Who showed you love today, and how did it feel?
- What is one way you can show Jesus' love to someone this week?
- When do you feel closest to God's heart?
- If your heart could talk like the Sacred Heart, what would it say today?

Family Challenge

Choose one act of kindness to do together as a family before the month ends:

- Write and mail a note of encouragement to someone who needs it.
- Share a meal with a neighbor, grandparent, or new family at school.
- Do one chore for someone else in the house, without being asked.

Take a photo or journal about it — talk about how it felt to give rather than receive.

Family Prayer

Sacred Heart of Jesus,
fill our home with Your love.
Help us to be patient, kind, and generous
with one another, today and always.
Make our hearts more like Yours. Amen.

Sacred Heart Moment

Gather as a family for one quiet minute. Place a hand over your heart and breathe slowly.

Silently ask Jesus to make your heart more like His — a little more patient, a little more forgiving, a little more kind.

Close by making the Sign of the Cross together.

Growing Hearts Like Christ — A Family Habit for September

Begin each morning together with this simple prayer:

"Jesus, I give my day to You."

"Sacred Heart of Jesus, make our hearts like Yours"