

Third Week of Advent

The Lord says, "The time is coming when I will make a new covenant with the people of Israel and with the people of Judah. It will not be like the old covenant that I made with their ancestors when I took them by the hand and led them out of Egypt. Although I was like a husband to them, they did not keep that covenant. The new covenant that I will make with the people of Israel will be this: I will put my law within them and write it on their hearts. I will be their God, and they will be my people.



(Jeremiah 31:31-33)

This week we focus on hearts: glad hearts, sad hearts, hard hearts, broken hearts, longing hearts. In the Scriptures much is written about hearts because the heart represents the person's deepest identity. Our hearts reveal who we most truly are because they hold what we most deeply desire.

What's in your heart? "I will put my law within them and write it on their hearts," says the Lord. So in addition to whatever else might be in your heart, you can also be sure that the law of the Lord is written – in permanent ink – on your heart. That law is love.

God Calls Us to Conversion of Heart



The bottom line is that we have to take responsibility for ourselves. The seed of change in our families, in the community, and in the world begins with answering God's call to meet us and to change our heart. One heart in tune with God can resonate in our families and through our families and communities into the world.

Give yourself time this week to ponder what's in your heart. The more you fill your heart with love for God and your neighbor the better you will be able to recognize and reach out to sad hearts, broken hearts, hard hearts, and longing hearts. Fill your heart with mercy and love, and you will not have room or time to be angry, jealous, or judgmental. Turn to God. Invite God to dwell within your heart, and God will live there!