

# Letter from the Prelate (19 June 2020)

On the feast of the Most Sacred Heart of Jesus, Monsignor Ocáriz invites us to ask our Lord for a heart like His, so that we can bring peace to those around us.

06/19/2020

My dear children: may Jesus watch over my daughters and sons for me!

Today, with the whole Church, we contemplate in a special way the

Sacred Heart of Jesus. This date is an opportunity to let ourselves be surprised once again by the marvelous truth that God has wanted to draw close to mankind and even become one of us, with a heart in so many ways like ours. Thus there comes to my mind that consoling invitation addressed to us by our Lord: “Learn from me, for I am gentle and humble in heart, and you will find rest for your souls” (*Mt 11:29*).

Amid all the comings and goings of daily life, Jesus wants us to have an authentic peace, serenity and rest. And He shows us the path to attain it: identifying ourselves ever more closely with Him, with the humility and gentleness of his heart. As Saint Josemaria writes: “Also, with us, our Lord can and does whisper in our ear, time and again, *exemplum dedi vobis*, I have given you an example of humility. I have become a servant, so

that you too may learn to serve all men with a meek and humble heart" (*Friends of God*, no. 103).

Let us ask our Lord, in our prayer, to give us a heart like His. Then we will find "rest for our soul" and for the persons close to us. We can also give thanks for so many acts of service that we have witnessed in recent months, often close to every one of us.

On the solemnity that we are celebrating today, perhaps we can remember more frequently the aspiration that Saint Josemaria often prayed: *Cor Iesu sacratissimum et misericors, dona nobis pacem*. We have recourse to his mercy to pray for peace in souls, in the Church, and in the world, and to continue asking for the end of the pandemic, which is still causing suffering in many places. And we seek out the motherly

mediation of Mary, Mother of mercy  
and Queen of peace.

Your Father blesses you with all his  
affection,

Rome, 19 June 2020

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ph/article/letter-from-the-prelate-19-  
june-2020/](https://opusdei.org/en-ph/article/letter-from-the-prelate-19-june-2020/) (01/21/2026)