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Being that I attend Saint Thomas the Apostle parish here in Phoenix I am able to kneel before the Sacred Heart of Jesus quite frequently. The Sacred Heart of Jesus is the one that Jesus holds His pierced Heart open for all to have. The one at this particular church is beautiful. It's made of wood, which has been softly carved and created to perfection. It assists in the needed conversation of the Faithful before their Most Beloved Jesus. I rely heavily on Jesus and His Most Sacred Heart.

Being the smarty pants that I usually am, I am usually walking the very narrow line drawn by Our Father. When we are outspoken of our Faith, we will always be held accountable by not only those who don't believe but also by those of Faith.

Jesus' Most Sacred Heart is perfect for our much needed intercession. This statue reminds me of His Most Loving Grace when He walked amongst us; He stood in the middle of concentrated sin. This sin was with the people. The very people who would later crucify Him.

I look at this statue in complete openness. How awesome! How awesome that Our Very God is/was amongst us. His eyes of love say, 'Yes I am God, and I am all that is Good.' And with this I personally know He is with me. Like He was then, He stands before the people now. This is my mediation. He continues to reveal His Sacred Heart even after it had been pierced by the ones He shows.

And so on a day-to-day basis I choose to stay within the narrow line that God draws. This line

brings to me a fear of God. This fear may be because I know He is capable of devastation in punishment of our sin. But I think more importantly this fear is a fear that brings me closer to Him, close enough to experience His Mercy.

I choose to give it all to God and imitate Jesus. Saying to the Father 'I love your Most Beloved Son very very much! He's Perfect, Thank you! I give everything up and follow Jesus like He tells me, Father.'

The people at work are sure to call me out every time I slip up and so a challenge is revealed indeed. This is when it changes from mediation to the beginning of my Contemplation (Mediation-reflecting on Virtue, Contemplation-Virtue in action).

The Spirit maybe tells me to remain close to Jesus because "Jesus Walks," says Kanye West.

Jesus maybe tells me 'Be prepared for ridicule; Be ready for embarrassment; be prepared for negativity and being spit on. But stay close to Me and all Will be just Fine.'

Maybe He says that 'He was raised from the sin of man for He is to bring Hope to those in need and Help to those who ask.' I will know my Contemplation is right on when I feel my true character come over me, while close to my Jesus. My heart rejoices and my soul dances.

When we sin we are first to be sorry for what we have done, then second are to have an openness to what God says.

One day while joking around at work I had said something that I almost knew would offend Jesus. And so I felt sorrowful. I had talked to great friend about this occurrence (Gracia). I told her about how sorry I was because I knew Jesus was there to see and hear it. Gracia says the most AWESOME line:

"Next time joke with Jesus, Tim. Tell Jesus you love Him."

Wow, and so I also bring this for my Contemplation to the Sacred Heart.

Discipleship will always help one grow closer to Jesus.

Of course Jesus doesn't go along with inappropriate expression, but He knows us very well. And so He knows of our knowledge of it being wrong. However when we say "I love you Jesus," He knows already how sorry we are.

When we are sorry, God Will grant Mercy through His forgiveness, bringing His Ever-powering Grace for we Will remain children of God.