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The Immaculate Heart of Mary: School of Faith, Hope, and Love

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When we discover the inexhaustible source of light and love contained in the Sacred Heart of Jesus, this heart inevitably leads us to another heart: the heart of Mary, which speaks to us from the center of her being, the place where her deepest sentiments of faith and total love for God intersect. In our contemporary culture, where the heart symbolizes affection, purity, and inner truth, looking into the heart of Mary is a profound way of understanding what it means to follow Jesus from the depths of our being.

Mary experiences an **overflowing joy** when she welcomes the angel: "Rejoice, full of grace, the Lord is with you" (Lk 1:28); and she herself proclaims: "My spirit rejoices in God my Savior" (Lk 1:47). But she also knows **fear** and **confusion** when the angel speaks to her and "she was troubled" (Lk 1:29). Experience the **deep anguish** of Simeon's prophecy: "a sword will pierce your soul" (Lk 2:35) and, later, the anguish of the loss of Jesus: "Your father and I have been looking for you in anguish" (Lk 2:48).

However, her way of reacting is not to despair, but **to keep and reflect everything in her heart** (Lk 2:19; 2:51). She is not only the mother, but also the disciple: "those who hear the word of God and keep it" (Lk 8:21), "blessed are those who hear the word of God and keep it" (Lk 11:28).

The heart of Mary teaches us **to listen, to welcome, and to persevere**, precisely what we need most in the midst of so many voices, distractions, and hopelessness.

Dear young and not-so-young reader: In troubled times of anxiety and doubt, Mary invites you **to enter her heart**. A heart that does not flee from pain or close itself to joy. A heart that does not understand everything but **trusts without reservation**. It teaches us that faith is not a fleeting emotion, but a deliberate decision to trust, hope, and love.