

## 2 Mary's Heart

### Background Information

One important devotion of our faith tradition is to reflect on the Immaculate Heart of Mary and the way that she loved others so fully, wearing her heart “on the outside.” We are all called to live this way too, not trying to protect our heart from getting hurt by closing it up inside us, but by loving everyone as much as we can.

### Objective

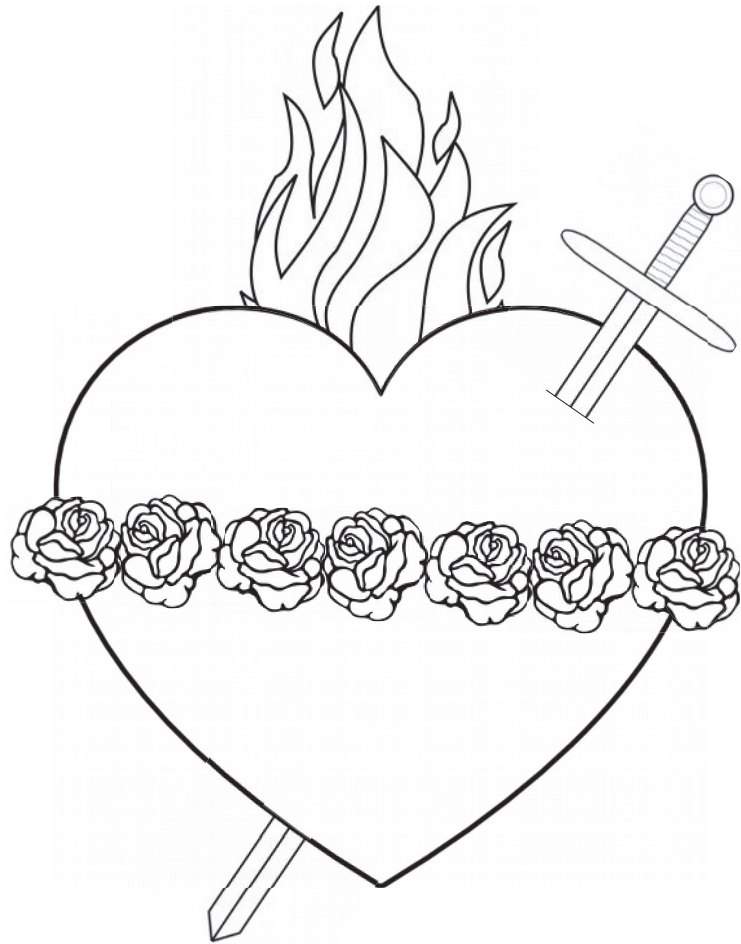
To learn about how Mary loved and how we can love more like she does

### Directions

- 1 Give a handout to each member of the family. Parents can do all parts of this activity, too!
- 2 Color in the **flame** above the heart on your handout. The flame helps us remember how Mary's heart burned with love for God and other people. Then write down examples of what your heart burns for.
- 3 Now color in the **flowers**, which remind us that Mary had a pure, humble heart that always obeyed God. Then write about a time when your heart did what God wanted it to do.
- 4 Next, color in the **sword**, which reminds us that Mary's heart was hurt when sad things happened to people she loved. Write about a time when your heart was hurt because something bad happened to other people.
- 5 Color in the rest of the heart and cut it out.
- 6 Attach the heart to your shirt to remind you to wear your heart on the outside like Mary did.

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My heart burns for:



My heart obeys God when:

My heart is hurt when: