



DAILY STEPS

#pilgrimbytheheart



SANTUÁRIO DE FÁTIMA
SHRINE OF FATIMA



1 SANTUÁRIO DE FÁTIMA
SHRINE OF FATIMA

PASSO 1

#peregrinopelocoração

1.

Get your heart ready
to leave

This May, Fatima challenges you to go on a more essential pilgrimage: an inner path that may take you far away within yourself, towards the shrine in your innermost where God is present for you. Making yourself a pilgrim by the heart is trying to live inwardly what the pilgrimage experience causes and fulfils. Fatima is calling you. Despite not being able to come to the Shrine this May, come with us on this inner pilgrimage, day by day. And place a lit candle by your window every night.

Today, praying with the heart as the little shepherds have prayed led by the Angel, get ready to leave. And the Lady of the pilgrims shall open Her Immaculate Heart to you and in it She shall give you shelter and by it She shall open a path for you to your God.

This May, Fatima invites you to be a Pilgrim by the heart. Get your heart ready to leave.

The impossibility to walk to Fatima and participate, among a multitude of pilgrims, in the celebrations that your heart is missing and asking for, does not mean that you can't be a pilgrim. On the contrary, this year challenges you to go on a different pilgrimage: an inner path that may take you far away within yourself, towards the shrine in your innermost where God is present for you. Get ready to leave. Go beyond all the noise and distress which overwhelm your heart, and go on pilgrimage following your heart to the heart of God. The light of the heart of God that shines in the immaculate heart of Mary is offered in Fatima as a place of encounter between God and His children.

Go deep into your heart and let yourself be led, just like the Little Shepherds have let themselves be led by the Angel during that Spring afternoon in 1916. He invited Lucia, Francisco and Jacinta to go on a pilgrimage by the heart, to discover a new way to relate with God. He led them to the intimacy of God, just like Lucia tells in her Memoirs.



We began to see, some distance off, above the trees that stretched away towards the east, a light, whiter than snow, in the form of a young man, transparent, and brighter than crystal pierced by the rays of the sun. On reaching, he said:

– Do not be afraid. I am the Angel of Peace. Pray with me.

Kneeling on the ground, he bowed down until his forehead touched the earth. Led by a supernatural impulse, we did the same, and repeated the words which we heard him say:

– My God, I believe, I adore, I hope, and I love You.

I ask pardon of You for those who do not believe, do not adore, do not hope and do not love You.

Having repeated these words three times, he rose and said:

– Pray thus. The Hearts of Jesus and Mary are attentive to the voice of your supplications.

Then he disappeared.

The supernatural atmosphere which enveloped us was so intense, that we were for a long time scarcely aware of our own existence, remaining in the same posture in which he had left us, and continually repeating the same prayer. The presence of God made itself felt so intimately and so intensely that we did not even venture to speak to one another.»

Being a pilgrim by the heart is the way for you to answer this invitation from the Angel to the three children: pray with me. Join them in prayer. Intimately, kneel and lower your forehead to the ground, that is to say, try to create a deep silence. Let yourself be inwardly taken by the light and the transparency of the Angel. He shall surround your heart in the supernatural atmosphere of God's presence, intense and intimate, such as Lucia describes. Keep repeating the same prayer slowly: My God, I believe, I adore, I hope, and I love You. I ask pardon of You for those who do not believe, do not adore, do not hope and do not love You. Relish every word well, so that your heart goes on pilgrimage until the intimate experience of the meaning of the words you are saying.

My God: God is your God. You are His beloved creature. You are his well-beloved child. My God, You are my Father.

I believe in You: believe, to be with Him. My God, You are my God, I believe in you, I trust in You, I believe in Your word.

I worship you: you are a creature before the Creator, recognise your nothingness before God. Praise Him, abandon yourself in Him, like a child on her mother's lap. My God, You are my everything.

I hope in You: to live hoping for God, He will come, He never fails to those who expect Him. My God, I live waiting for You, I live of waiting for You.

I love You: you shall love God with all your heart, with all your soul, with all your strength, with all your intelligence. My God, I love You with all my being.

I ask for forgiveness: forgive me and forgive the others; intercede for those who are away from God and do not believe, do not worship, do not hope and do not love; care for them, wish them salvation. My God, have mercy for the poor sinners, have mercy for myself, poor and sinner.

Listen to the Gospel of Luke | 6,12-13



¹² In those days he departed to the mountain to pray, and he spent the night in prayer to God. ¹³ When day came, he called his disciples to himself, and from them he chose Twelve, whom he also named apostles.»

In the most significant moments of His pilgrimage on Earth, Jesus went on a quest for solitude and stood before the Father in prayer. This step you have listened to is the preparation for the departure, just like you today, getting ready to leave, a pilgrim by the heart. Jesus chooses the twelve men that will leave with Him through the paths of Galilee and Judea. Afterwards, the Church will also leave with them. Before, they had to get ready for that by the intimacy with Jesus. Do you want to get ready to be a pilgrim by the heart? Then, look in the silence for the intimacy with Jesus.

Making yourself a pilgrim by the heart is trying to live inwardly what the pilgrimage experience causes and fulfils. Despite not being able to come to the Shrine this May, come with us on this inner pilgrimage, day by day. Today, try praying with the heart as the little shepherds have prayed led by the Angel.



My God,
you inhabit the innermost of my being
and You call me, in this closed May, to become a pilgrim by the
heart

and to meet You there.

In my heart you are the source of grace
from where I drink by faith, adoration, hope and love.

I want to be a pilgrim by the heart
until I touch You, I wish to touch you and I need to be touched
by You

In the deepest silence of my innermost which You inhabit, I want
to tell You:

I believe in You, O light of light

I worship You, my Lord and my God

I hope in You with all my confidence

I love You with all my being.

And I embrace in my heart all those who deny themselves to
Your heart.

I ask You for mercy for them, salvation for all.

I want to go on a pilgrimage by the heart
into Your mother's heart, mother of mine, Our Lady of the
Rosary of Fatima.

In Her heart, You will be waiting for my heart.

And this May, away from the Little Chapel,

I make myself a pilgrim by the heart: I shall follow my heart
and in Mother's heart I shall listen to the merciful beating of
Your heart. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed are you
among women, and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners now and at
the hour of our death. Amen

Our Lady of the Rosary of Fatima, pray for us.

Saints Francisco and Jacinta Marto, pray for us.

Place a lit candle in your window tonight, let it be a sign that in your home
lives a pilgrim of Fatima by the heart. Our Lady watches over your way.
See you tomorrow.