

Bruno Sperandini

Let's love Love



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Presentation

“Let’s love Love” is the title of this short text that describes our spirituality in a few words: the Heart of Jesus is the fire that burns and illuminates. On the occasion of the eighth centenary of the death of Saint Francis, we present this book by Father Bruno Sperandini, who invites us to live the spirituality of reparation to the Heart of Jesus, which is the charism of the Franciscan Sisters of the Heart of Jesus.

As Superior General, I am pleased to present this book, which helps us better understand our charism and live it with renewed fidelity. Saint Francis exhorts us with these words: “Love God and his Son, crucified for us sinners, with all your heart.” This call to total love is the foundation of our spirituality, which is expressed in the reparation and consolation of the Heart of Jesus, wounded by love and human ingratitude.

The spirituality of Reparation is not only an act of devotion, but a way of living our *sequela Christi*, uniting ourselves with Jesus’ sacrifice for the sal-

vation of the world. We are called to be witnesses of God's love, to make reparation for and console the Heart of Jesus through prayer, the Eucharist, and service to the poor and those most in need.

I hope this book will be helpful to all those who wish to follow the Heart of Jesus and live the spirituality of Reparation, and that it will help us to be ever more faithful to our charism and our mission. It is especially addressed to those who wish to live our Spirituality.

This short text, published in this special Jubilee Year dedicated to Saint Francis, is dedicated especially to the Stars of the Heart of Jesus, the lay members who share our charism of love and the Heart of Christ.

April 12, 2026

Santa Maria delle Mole, Roma

Sister Giuseppina Zammit
Superior General

Introduction to the Spirituality of the Sacred Heart

The spirituality of the Sacred Heart represents one of the most profound and universally recognized expressions of the Christian tradition, particularly in the context of the Catholic Church. It places at the centre of our faith the Heart of Jesus Christ, the symbol par excellence of divine love that offers itself, sacrifices and opens itself up to all humanity. The “Sacred Heart” is an expression that, far beyond its devotional meaning, encompasses a theological, spiritual, and human richness that spans the centuries and, even today, continues to challenge anyone who desires to live a journey of authentic faith, centred on love, compassion, and reparation.

Historical Origins and Development of the Devotion

The roots of the spirituality of the Sacred Heart date back to the first centuries of Christianity, where the heart of Christ was already seen as a source of life, mercy and compassion. However, the growth and



spread of this devotion occurred particularly between the Middle Ages and the Modern Age. Key moments are represented by the meditations of the great medieval mystics, such as Saint Gertrude of Helfta and Saint Matilda, who contemplated the Heart of Jesus as a dwelling place of consolation and a source of living water. A fundamental turning point occurred in the 17th century, with the apparitions of Jesus to Saint Marguerite Marie Alacoque, a Visitation nun of the monastery of Paray-le-Monial, France.



The figure of Venerable Mother Margherita of the Sacred Heart, stands out luminously in the panorama of Christian spirituality as a woman who combines profound devotion with a lively, concrete apostolic zeal. Born into a context marked by the search for God and active charity, she was able

to embrace the spirit of the Sacred Heart in her life, allowing herself to be completely engaged in the merciful love of Christ and transforming it into daily gestures of attention to the least, and tireless dedication to the proclamation of the Gospel.

Her spiritual journey is characterized by a missionary zeal that is not limited to prayer but becomes action, testimony, and closeness to the fragility and suffering of her time. Strengthened by her Franciscan heritage, Mother Margherita let herself be guided by the certainty that “love is not loved”: this intuition, which also belonged to the Poverello of Assisi, became for her an invitation to active reparation, to heal with her own loving response, the wounds of indifference and coldness that often mark human history.

Her letters reveal a simple and ardent faith, composed of contemplation and service, of silence and consoling words. Writing to her spiritual daughters, Mother Margherita urges them to turn to the heart of Jesus as an inexhaustible source of tenderness and strength, capable of transforming pain into an offering, trial into hope, toil into joy. Her testimony thus becomes a living invitation for our time too: to

learn to allow ourselves to be loved, to become capable, in turn, of gratuitous love, forgiveness, and compassion.

Mother Margherita of the Sacred Heart thus remains a witness to that spirituality, rooted in tradition, that opens to the future, indicating paths of hope and trust in the love that heals and saves. Her life, marked by self-giving and mission, continues to speak to the heart of anyone who is searching for meaning, encouraging everyone to rediscover the beauty of a life given and fully lived in the spirit of the Sacred Heart.

It is precisely from this spiritual inheritance that the invitation to an incarnate faith is born, one that is not limited to words or inner impulses, but takes shape in small gestures of attentiveness, in daily choices of love that can illuminate even the shadowy areas of existence. The history of devotion to the Sacred Heart, so intertwined with figures like Mother Margherita, teaches us that holiness is not reserved for a select few, but is formed within the simple and hidden fabric of everyday life.

Following her example, we are called to live a spirituality capable of generating hope, to become artisans of a fraternity that welcomes,

listens, and knows how to heal the wounds of humanity. The testimony of Mother Margherita of the Sacred Heart, comprising silent dedication and missionary zeal, reminds us that every heart, open to love, can be an instrument of peace and a source of joy for the world around us. Thus, by drawing inspiration from her journey, we learn to recognize in the spirituality of the Sacred Heart a renewing force, capable of transforming even the greatest hardships into opportunities for good, and hurts into opportunities to give even more love. In this way, in the life of those who follow the path of the Sacred Heart echoes an ancient and ever new promise: "He who abides in love abides in God, and God abides in him" (1 John 4:16).

The life of Venerable Mother Margherita of the Sacred Heart

Mother Margherita's spiritual experience is rooted in a deep awareness of human pain and the thirst for love that pervades every age. In Mother Margherita, the desire to console the Heart of Christ, often forgotten or neglected, transforms itself into



“Love is not loved.”

“The farmer asked, ‘What happened, brother, why are you crying?’ The brother—Saint Francis—replied: “My brother, my Lord is on the Cross, and you ask me why I cry? At this moment, I wish I were the largest ocean on earth to have all those tears. I wish all the doors and waterfalls of the world would open at the same time, and all the floods would be unleashed, so that I could borrow more tears. But even if we combined all the rivers and seas, there would not be enough tears to weep for the pain and love of my crucified Lord. I wish I had



the invincible wings of an eagle to cross the mountain ranges and shout over the cities: ‘Love is not loved!’ How is it possible that men can love each other if they do not love Love?”

(Ignacio Larrañaga,
in “Our Brother of Assisi,”
a biography of Saint
Francis)

Saint Margaret Mary Alacoque's Act of Adoration and Union with the Sacred Heart of Jesus in the Most Holy Sacrament

O my Jesus, my Lord and my God, whom I believe to be really and truly present in the Most Holy Sacrament of the Altar, accept this act of profound adoration, to fulfill my desire to adore You unceasingly, and in thanksgiving for the sentiments of love that Your Sacred Heart nourishes for me therein. I do not know how to respond to them better than by gathering all the acts of adoration, of patience, and of love carried out by this same Heart during its mortal life, and which are present in this Sacrament, to love You, to praise You, and to adore You through it as much as I am able. I unite myself to the divine offering, which You make to the Divine Father, and I consecrate myself entirely to You, praying You to destroy sin in me and not to allow me to be separated from You forever.

Amen.

Chaplet to the Sacred Heart of Jesus

R. O my Jesus, you have said: "Truly I say to you, ask and you will receive, seek and you will find, knock and it will be opened to you," behold I knock, I seek, I ask for the grace:

V. Glory be to the Father...

V. Sacred Heart of Jesus.

R. I trust and hope in you.

V. O my Jesus, you have said: "Truly I say to you, whatever you ask the Father in my name, he will give it to you," behold I ask the Father, in your name, for the grace:

V. Glory be to the Father...

V. Sacred Heart of Jesus.

R. I trust and hope in you.

R. O my Jesus, you said: "Truly I say to you, heaven and earth will pass away, but my words will

never pass away," behold, supported by the infallibility of your words, I ask for the grace:

V. Glory be to the Father...

V. Sacred Heart of Jesus.

R. I trust and hope in you.

V. Prayer:

R. O Sacred Heart of Jesus, for whom it is impossible not to have compassion for those who suffer: have mercy on me, a sinner, and grant me the grace that I now ask of you with all my heart through Mary, your and our tender Mother. *Amen.*

Prayer for the Glorification of Venerable Mother Margherita of the Sacred Heart

Most Holy Trinity, I adore you, I bless you, I praise you, and I thank you for the gifts and graces granted to your Venerable Servant, Mother Margherita of the Sacred Heart. Deign, I ask you, to manifest in her the power of your love and the greatness of your mercy, granting me, through her intercession, the grace I so earnestly ask for.

Glory be to the Father...

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"Let's love Love" invites us to discover the spirituality of the Sacred Heart of Jesus, living it in the spirit of Saint Francis and his follower, the Venerable Mother Margherita of the Sacred Heart. A book that urges us to live the love of God and of our neighbour as the centre of our lives, following the example of Jesus and the witness of two great figures. A journey of faith, love, and simplicity for all those who wish to follow the Heart of Jesus.

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