

Lift up your hearts!

Or if you prefer the Latin: **Sursum Corda!**

At my very first time of celebrating holy communion, my training vicar preached. He implored the congregation – **“Never let her lose her ‘Sursum Corda’”!** However



successful or otherwise I may have been over the subsequent years at keeping tight hold of my sursum corda, I can honestly say I have never forgotten it!

The words are so familiar to us all – the opening bidding to every Eucharistic Prayer – the prelude to thankfulness in its deepest and most significant way. It basically challenges us to approach the table of the Lord with open hearts, as well as open hands, ready to receive with deep gratitude whatever God would wish to weave into our lives. Our reply is ‘We lift them to the Lord!’

So let God pull on your heart-strings. A cardiologist would vouch for the strength of these formidable strings of anatomy – they are capable of holding the heart muscle in control when most other bits of anatomy go to sleep.

So lift up your hearts. What a wonderful way it might be to start our day, every day, with a cup of Sursum Corda: lifting our hearts to the Lord in preparation for whatever lies before us in the hours to come. Not every day starts with such hopefulness: sometimes, amidst challenging circumstances, we may wake up and may wish we hadn't. Hearts sometimes feel broken. At such times it can help to know that Jesus came to heal the broken hearted.



Lift up your hearts, whatever you may be facing. Our hearts beat out a rhythm of Life. That life is the gift of God in all circumstances. Our life, our heart-beat, is held securely by Faith, by Hope and by Love. As St Paul reminds us, ‘the greatest of these is Love’ – for God is the love which surpasses all understanding.

Hope is how we fix our gaze into the future. Faith is that which steers us through life's fog. Love is the eternal cord which heals broken hearts and binds us to God in the communion of saints. And it certainly feels like our heart ‘gets bigger’ when it is filled with love.

So... lift up your hearts. Let God pull your heart-strings. His is a love which will never fail you.