



## Day 17: True Masculinity

### **Jesus, the Heart of True Masculinity**

*“Jesus said to them, “Very truly, I tell you, the Son can do nothing on his own, but only what he sees the Father doing; for whatever the Father does, the Son does likewise.”*  
John 15:19

The masculine heart is available, attuned, and fully offered in sacrificial love. Jesus' masculinity was an icon of availability, attunement, and offering because that is His experience of the way the Father loves and blesses Him. This is His experience of being a son: having a Father who is always available, attuned, and offered in love for His Son. The pure heart that is not distracted or defiled by the world is a true masculine heart. Living His masculinity freely and fruitfully, Jesus was beautifully available to those in need. He had eyes to see and a heart attuned to love those He came to save. He felt deeply their hurt and pain of living in sin and exile. In response, He gave Himself as an oblation and offering to bring them healing and salvation.

### **Mary, Mother of True Masculinity**

Mary knew her Son. She knew His gifts and great capacity to love. Every act of her motherhood was a gentle and tender directing of her Son toward His mission and destiny. Mary rejoiced in Jesus' masculine heart and identity. She rejoiced in His capacity to see others and to be available to them. She rejoiced in His heart that was divinely attuned to those around Him, providing a place of safety and rest for them. She rejoiced in His freedom that allowed Him to give Himself away and pour Himself out for those He loves. From the Annunciation, to His passion and death, to His resurrection and ascension, Mary was present at His side rejoicing in His identity and mission.

### **St. Juan Diego and Us**

You are a man of God. Your masculine heart is not toxic but a gift from the Father to share in the heart of Christ and His Crucified Love. Juan Diego, as a humble man and as a saint, models for us the masculine heart of self-sacrificing love. Meso-American cultures understood the value of self-sacrifice. According to early missionary accounts, their entire society participated in elaborate periods of penitence. Juan Diego would have been formed in this culture, but through the Guadalupe Event, his idea of sacrifice was purified and conformed to the model of the sacrifice of Christ. His witness brings clarity and relief for us, since reflections around masculinity can often be confusing. In the world,

masculinity is often depicted as macho, tough, intense, and controlling. St. Juan Diego, acknowledging his own littleness and poverty, initially seems weak and worthless. Some today would say that he is not an ideal example of masculinity. But if we see him from the above perspective where the true masculine heart is the Heart of Jesus, a different picture is revealed. St. Juan Diego, in his littleness and poverty, was available to what God and Our Lady asked of him. His heart was attentive to those around him, especially as he was moved by the sickness and needs of his family. What if sacrificial love is the pathway to living true masculinity and ultimately a new experience of sonship? The masculine Heart of Jesus is the model for us as we strive to live as true men and redeemed sons in our time. Available, attuned, and fully given as an offering. Brother, do you believe your heart can love in this same way?

### **Prayer**

O Jesus, we adore You, we love You, and we thank You for the gift of Your presence. You are the true icon of masculinity. As one who is fully attuned, available, and offered for others, give us the grace to live this image of what it means to be a man. We ask You now to hear this prayer.

Our Lady of Guadalupe, Mother of God and Mother of us, draw us close to your heart. As you rejoiced in and celebrated the masculine heart of your Son, obtain for us the grace, as you did for Juan Diego, to embrace our poverty and be filled with the true strength and masculine courage of the Heart of Jesus.

Amen.

*After reading today's reflection, pray the Litany of Restoration of Sonship.*