



# The Restful Heart Coin

There was once a man named Mathew who felt like he was drowning. His life was unraveling. His relationships were strained. A constant weight pressed on his chest, and each day felt heavier than the last.

He tried to steady himself the only way he knew how.

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

He had said the words many times before. But now, they felt distant. Memorized, not lived. They didn't quiet the storm. They didn't lift the weight. Control kept slipping away.

One evening, feeling lost, he wandered into a quiet chapel.

In the stillness, his thoughts slowed. His eyes were drawn to an image on the wall: the Sacred Heart of Jesus. Encircled by thorns and burning with flame, it held both suffering and love—pain endured, and love that never abandons.

Beneath it were words he had never truly seen:

*"Come to me, all you who are weary and burdened, and I will give you rest."*

For the first time in months, he exhaled. The words didn't just speak to him—they settled into him.



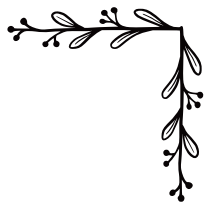
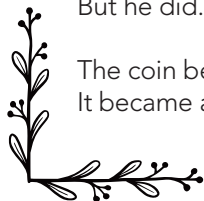
## A Life Transformed

In the days that followed, Mathew carried the coin with him.

- † When anxiety rose, he traced its edges and whispered the prayer.
- † When he faced what he could not control, he prayed for serenity—remembering he did not carry the weight alone.
- † When difficult choices demanded action, he prayed for courage—drawing strength from Christ's love.
- † When uncertainty clouded his path, he prayed for wisdom—trusting he would be guided.

Not everything changed overnight. But he did.

The coin became more than a reminder. It became an anchor.



# A Gift of Hope

A priest who had been quietly observing approached and gently placed a small coin in Mathew's hands.

"This bears the Sacred Heart of Jesus," he said. "A reminder that His love is constant—even in suffering. On the other side is a prayer to guide you when the weight feels too heavy. You are not alone."

Mathew turned the coin over and read:

*"Dear Jesus, I trust in Your Sacred Heart. May Your love inspire me with divine strength and grant my heart peace through prayer."*

The priest smiled. "The Sacred Heart shows us that Christ walks with us through every trial. The thorns remind us He understands suffering. The flames reveal the power of His love—it can transform even the deepest pain into strength."

He paused. "And like the Serenity Prayer, it teaches us how to live this truth."

*Serenity* – Trusting God instead of worrying.

*Courage* – Standing firm in faith, even in fear.

*Wisdom* – Living with understanding, grounded in Christ

"Hold onto this," he said, "and let it bring peace to your restless heart."



## The Coin's Legacy

Years later, Mathew began placing the coin into the hands of others who were struggling. Each time, he shared the same words:

*"Dear Jesus, I trust in Your Sacred Heart. May Your love inspire me with divine strength and grant my heart peace through prayer. Amen."*

And the message continued to spread—from one person to another, from one burdened heart to the next.

A quiet reminder:  
*You are not alone.*  
*You are loved.*  
*And peace is closer than you think.*



# Parallels of Transformation:

## Mathew and the Apostle Matthew

### A Life in Turmoil

Both Mathew and the Apostle Matthew faced profound inner struggles. Mathew contended with a failing business and strained relationships, while the Apostle Matthew, as a tax collector, endured social rejection and spiritual emptiness, being despised by his community.

### A Moment of Divine Encounter

Mathew's turning point came when he encountered the Sacred Heart of Jesus in a chapel, feeling an invitation to find rest. Similarly, in Matthew 9:9, Jesus called the Apostle Matthew with a simple yet profound invitation: "Follow me." Both responded immediately, leaving their old lives behind to embrace a new path.

### A Symbol of Transformation

The Restful Heart Coin serves as a tangible reminder of Mathew's newfound peace. Similarly, the Apostle Matthew's encounter with Jesus transformed him from a tax collector into one of the twelve apostles. He later documented Jesus' teachings in the Gospel of Matthew, guiding others in their faith journey.

The Gospel of Matthew contains several passages that emphasize transformation:

**Matthew 5:** Jesus encourages us to be kind and loving from the inside, not just follow rules. He says we should be like salt that makes things better and light that helps others see the right way. This means doing good because we care, not just because we have to.

**Matthew 6:** Jesus teaches us to pray sincerely, not just to show off. He gave us the Lord's Prayer as an example of how to talk to God and trust Him to take care of us. This prayer helps us focus on loving God and others, which is more important than having lots of things.

**Matthew 7:** Jesus teaches us not to judge others, to keep praying and seeking God, and to treat people the way we want to be treated. He says, "Do to others what you would have them do to you." This means being kind and fair, just as we hope others will be to us.

### Sharing the Message

After his transformation, Mathew shares the coin with others who are struggling, echoing the Apostle Matthew's mission of spreading Christ's message of redemption. Once an outcast, the Apostle Matthew became a messenger of hope, extending the legacy of faith to those in need.

*"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

— Matthew 5:14-16

## *The Meaning of the Restful Heart Coin Prayer*

*"Dear Jesus, I trust in Your Sacred Heart. May Your love inspire me with divine strength and grant my heart peace through prayer. Amen."*

This prayer reminds us that true strength comes from trusting in Christ's love and that peace is found through sincere prayer.

- **Faith in His Heart:** Trust in the Sacred Heart of Jesus, symbolizing His unwavering love for humanity.
- **Love Inspiring Strength:** God's love renews and uplifts us, providing courage in times of weakness.
- **Prayer Leading to Peace:** Through heartfelt prayer, we open our hearts to God's presence, surrender our burdens, and receive His peace.

This prayer serves as a companion during life's challenges, offering the profound truth that by trusting in Christ's eternal love and engaging in heartfelt prayer, we discover the strength to persevere and the serenity to continue forward.

