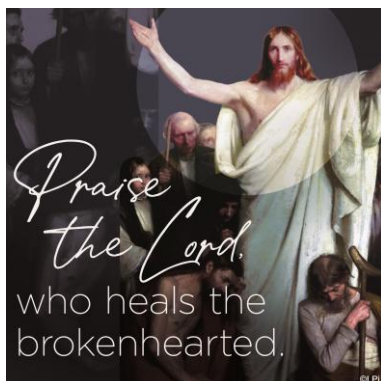


On the Divided Heart and the Healing Found in Christ



Dear Brothers and Sisters in Christ,

Grace to you and peace from God our Father and the Lord Jesus Christ. There is a struggle within the human heart from which none of us is exempt. We desire what is good, yet we often find ourselves drawn toward what diminishes us. We seek peace, yet carry unrest within. Sacred Scripture speaks of this with striking honesty: “I do not do the good I want, but the evil I do not want is what I do” (Romans 7:15).

This interior division is not simply a sign of weakness; it reveals that something within us has not yet been fully healed or unified.

Even the human sciences have attempted to describe these tensions within the person. The work of [Sigmund Freud](#), for example, speaks of competing forces within us: desire, reason, and moral conscience. Such observations may help us identify certain patterns of behavior, yet they remain incomplete unless they are illuminated by Christ, who alone reveals the full truth of the human person.

For what we experience is not merely psychological tension, but a deeper spiritual struggle.

Within us are desires that seek immediate satisfaction without regard for truth. Reason attempts to discern and guide. Conscience calls us toward what is right. Yet these dimensions are often not in harmony. Desire pulls in one direction, fear in another, and conscience can become either weakened or harshly accusatory.

As a result, many live with a divided heart. We encounter this reality constantly: We meet people who struggle to trust, even when they are loved. We encounter hearts that resist closeness because they fear being wounded again. We see souls burdened by an inner voice that condemns but does not heal. We meet those who avoid truth, not because they reject it, but because they fear what it may demand of them.

To manage these inner tensions, we often adopt patterns that protect us temporarily but do not truly free us. We deny what is real. We justify what we know is wrong. We project our struggles onto others. We retreat into familiar habits rather than confront the present with honesty. These patterns may lessen anxiety for a moment, but they also distance us from the truth—and it is only the truth that sets us free (cf. John 8:32).

My brothers and sisters, we must be clear: we are not healed by merely managing our wounds; we are healed by bringing them into the light. This requires courage. It means naming our struggles honestly before God. It means refusing to hide behind excuses or illusions. It means allowing our conscience to be formed by the Gospel rather than by passing influences or personal convenience.

Therefore, I urge you to take concrete steps: Come regularly to the Sacrament of Reconciliation. Do not conceal or soften your sins. Name them truthfully, and allow the mercy of God to meet you there. Seek spiritual guidance when you find yourself trapped in recurring patterns. The Christian life was never meant to be lived in isolation. Examine your conscience daily. Pay attention to the movements within your heart—what draws you toward God and what pulls you away from Him. And above all, deepen your life of prayer. Not merely a prayer of repetition, but a prayer of truth, where you stand before God as you truly are.

For the answer to the divided heart is not found in greater self-control alone, but in deeper surrender to Christ. [Jesus Christ](#), the Good Shepherd, does not remain distant from our struggle. He enters into it. He knows the human heart from within, yet without sin. He does not merely expose what is disordered—He

restores what is broken. He does not only reveal the truth—He gives the grace to live it. In Him, what is divided can become one. In Him, what is wounded can be healed. In Him, what is restless can find peace.

Do not settle for a life of quiet interior conflict. Do not accept patterns that keep you bound. You are called to the freedom of the children of God. Bring everything into the light of Christ. And trust that the One who has begun this good work in you will bring it to completion.

Sincerely yours in Christ,

Fr. Vilaire Philius
Pastor

