(your) heart goes out to (someone) MY HEART GOES OUT TO YOU

your heart skips/misses a beat

When your heart skips/misses a beat, you feel very excited or nervous



your heart aches

If your heart aches, you feel sad or feel sympathy and sadness for the suffering of other people/or not people



your heart's desire

the thing or person you most want



I want to tell you about the famous story about Danko. He wanted with all his heart to help his people. His heart ached when he saw them die in a dark, poisonous forest. But the scared and tired people were angry with him. Then he ripped out his burning heart and lit their way.

