

Today's gospel call us to "Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you"and on and on it goes. These words seem counterintuitive. It is easy to shake our heads and turn away, murmuring, "It's not fair!"

This gospel calls for a new way of looking at life. To help me, I think about the times that I mistreated someone – and they forgave me! Or the time I reached out in need, and I was given twice what I needed. How about you? Have you had similar experiences?

I think about my relationship with God. Has God treated me fairly – or mercifully? God always comes down on the side of mercy for me!

Kindness matters. Mercy and compassion make a difference – a big difference! In our world today, when we feel overwhelmed with the way things are, I believe this is a way to change the world – by changing myself and my responses to others.

This week let us put into practice one of these teachings of Jesus. Then let go of the outcome. Just notice what happens, within yourself.

May the Spirit of God continue to lead and guide us in ways we never thought possible. May our hearts open wide to receive and to share the great love that God has for each one of us!