

Reflection Saturday 1st Week Lent 2024

This morning the words of Jesus to his disciples and to us are, *“Love your enemies and pray for those who persecute you...”* (MT 5: 43-48) Words easy to understand and clear but often so difficult to live. Macrina Wiederkehr offers us words of support and guidance by looking at the whole day with all its ups and downs. Just as we seek God’s blessing, God believes that we, too, are able to offer blessing to others including our enemy. We live and depend on the love of God each day. Jesus is asking us to share his love without exception.

Macrina writes: *May your work this day be your love made visible. May you breathe upon the wounds of those with whom you work. May you open yourself to God’s breathing. May you honour the flame of love that burns inside you. May your voice this day be a voice of encouragement. May your life be an answer to someone’s prayer. May you own a grateful heart. May you have enough joy to give you hope, enough pain to make you wise. May there be no room in your heart for hatred. May you be free from violent thoughts. When you look into the window of your soul may you see the face of God. May the lamp of your life shine upon all you meet this day.*

Spend time with these words and *loving you enemy* becomes not only possible but a desire because they will remind you of God’s love that brings you back whenever you have wandered from his path.