

## Reflection Saturday Week 1 Lent 2025

Jesus presents us with one of his most challenging teachings: **love your enemies**. While it's natural to love those who love us in return, Jesus calls us to something far greater—to reflect God's love, which shines equally on the righteous and the wicked. This invitation asks us to go far beyond our basic human instincts.

Loving your enemies does not mean tolerating harm or denying the reality of evil. Rather, it means choosing compassion over retaliation and recognizing the humanity beyond someone's actions. It challenges us to refuse to be defined by resentment. In essence, this teaching invites us not just to be "*good people*," but to become more like God.

Let's be honest: loving our enemies benefits us more than them. It liberates us, breaking cycles of hatred and transforming us into better reflections of God's mercy. While the world urges us to "*Get even!*" Jesus counters with, "*Be perfect as your Father is perfect.*" We aren't called to flawlessness but to wholeness and undivided love.

So, when you think of that person who hurt you or whom you can't stand, pray for them—not because they deserve your prayers, but because you deserve peace. For in doing so, you are not merely following Jesus's teaching; you are becoming more like him.