Jesus said to his disciples:
"To you who hear I say, love your enemies,
do good to those who hate you, bless those who curse you,
pray for those who mistreat you.
To the person who strikes you on one cheek,
offer the other one as well,
and from the person who takes your cloak,
do not withhold even your tunic.
Give to everyone who asks of you,
and from the one who takes what is yours do not demand it back.
Do to others as you would have them do to you.
For if you love those who love you,
what credit is that to you?
Even sinners love those who love them.
And if you do good to those who do good to you,
what credit is that to you?
Even sinners do the same.
If you lend money to those from whom you expect repayment,
what credit is that to you?
Even sinners lend to sinners,
and get back the same amount.
But rather, love your enemies and do good to them,
and lend expecting nothing back;
then your reward will be great
and you will be children of the Most High,
for he himself is kind to the ungrateful and the wicked.
Be merciful, just as also your Father is merciful.
"Stop judging and you will not be judged.
Stop condemning and you will not be condemned."
Forgive and you will be forgiven. Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you."

---

**Our Scripture Reflection**

After teaching the crowds the Beatitudes, Jesus continues His sermon by calling the people to bend, stretch and push when it comes to the concrete, everyday living of Gospel love. Jesus knew well that the only way to learn His brand of love is to live it, especially in the not so easy circumstances of life.

---

**Food for your Journey**

It is a Marine Corps tradition not to leave dead Marines on the battlefield, and Marines have died trying to retrieve those dead. This means that after his training, a young Marine has, without words, taken a vow to offer his life for another Marine. This means, sadly, that the Marine Corps, in a way limited to military action, has in general instilled more love in its members than Christian churches have in theirs. The Marine Corps does this, as all good teachers do, by drawing from a person instincts that are already present and developing them by giving each person the confidence to believe in those instincts, to follow where they lead. A Marine crawling under fire to reach a wounded Marine is performing a sacrament, an action whose essence is love and the giving and receiving of grace.

---


---

**A Prayer from the Heart**

Dear Jesus, Give me the Grace I need to put into practice what I learn from Your Holy Words. My I lovemas You loved: sacrificially, unconditionally and without limit. Amen