

## DAY 7 : HELP : LOVE IS AN ACTION WORD

### Reading:

*We know love by this, that he laid down his life for us - and we ought to lay down our lives for one another. How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help? Little children, let us love, not in word or speech, but in truth and action.*

1 John 3.16-18

### Reflection:

When St John says, 'Little children,' he's speaking to everyone, all the children of God. He says we shouldn't just say we love people if we're not doing anything to show that love - that if we have material possessions and yet we don't show any pity for our brothers or sister, how is that love? Not to say this is the only way to love people, but that's a very practical way to love others. How generous are we as Christians? How caring are we as Christians? How hospitable are we as Christians, especially when it is not in our self-interest?

If we don't act, it's almost as if we think we deserve to be in a better position but it's only by God's grace that we're not in the position of the one in need. Jesus himself says: 'For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' (Matthew 25.35-36) Everything that we do to people, we do as if we do it to Christ.

### Prayer:

Loving God, thank you for your costly love. Please may my five friends understand something of the strength of your love for them. Help us to use our money well.

### Action:

Look for ways that you can use what you already have to help others today.

### YOUR NOTES:

