

Paul II, Memory and Identity, p. 15).

2. Insults Are Grave Matters: “Sticks and stones may break my bones...” Each one of us knows firsthand the penetrating power of words. With them one may edify or destroy, enhance or tarnish, heal or wound. It is rather striking that Jesus refers to insults towards “a brother or sister:” in other words, insulting those closest to us, especially those closest to our heart. It is no revelation that those we love the most are also the ones most capable of wounding us deeply, and vice versa. What dagger could ever penetrate more than an unkind word from a loved one? The true revelation is that God takes each word we speak seriously. In fact, he will hold us accountable for them because the words are an outward manifestation of what we have in our hearts. The power of words reveals the weight of words.

3. Hold No Grudges: “If you remember that your brother or sister has something against you...” This phrase makes us shift a little in our seats. Jesus gives us a tremendous view into God’s heart. God’s very essence is a unity of love – three persons, one nature. We are made in God’s image, and we are made to live forever in union with God. But so too are my brothers and sisters. If we have done anything to wound the union of love with those around us, then we must repair the breach. In fact, it is so important to God (and so important for us) that God will not accept our “offering” if we have consciously wounded the unity with those around us. Bring those particularly difficult relationships to prayer, and draw the strength from God to love as we should. He will not ask for some virtue and then refuse his grace.

Conversation with Christ: Lord, teach me to love and help me to be a saint. You have created me and called me to the Catholic faith. Help me to live that faith generously, living the primacy of love in my daily life. Mother Most Pure, make my heart only for Jesus.

Resolution: Today I will do three hidden acts of charity.