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February 20, 2018

In today's Gospel from Matthew, Jesus says "But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father..."

This is an easy concept to understand, but a hard one to practice. I'm sure we can all relate. It's so easy to act in anger and hate and retaliate. It's much harder to act with love when we feel we have been treated unjustly. Here Jesus tells us to love our enemies. In Rick Warren's book "What On Earth Am I Here For?" one of the first things he tells us is that it is not about us, it is all about God. If we could manage to look at our enemies as God does, maybe our perception of others and our reaction to persecution would change.

Being a teacher, there has been a child every year who is a little more challenging to love. Someone once said to me, "{that child} is a child of God too." That one small sentence changed my attitude about that child. Was it still hard to have patience with him? Of course. But remembering that he was a child of God, just as I am, made it a little bit easier to love him and help him grow. It reminded me, that we are all part of God's great plan and kindness and treating each other with love is the most important thing.

Loving your enemies is hard, but if we ask God for help to see others as he does and to remember that it's not about us, loving our enemies will be a little easier.