

In today's first reading,
Paul and Barnabas ENCOURAGED the disciples to persevere in the faith.

We all need encouragement.
Some say it is THE OXYGEN OF THE SOUL.
Without encouragement, our commitment slowly starves of appreciation
and can even stop.

Encouragement is something anyone can give and everyone needs.
A kind word or a compliment can make dreams and hopes become realities.

When things are going badly and we are feeling low,
another's genuine positive comment can lift our spirits almost instantly.

If you've already been encouraging others regularly,
please continue to do it.

If you encourage others occasionally,
the time to encourage others more often is TODAY.

PAUSE 1-2-3-4

In the Gospel, Jesus gives us a New Commandment,
sometimes called the 11th Commandment...
"Love One Another"

With God's help, we are to LOVE ONE ANOTHER.

To love one another...
is loving even when there is nothing in it for us.
It builds on encouragement and takes it to a high level.

This kind of love perseveres despite opposition and obstacles.
It expresses itself in service, affection and self-sacrifice.

It has been said that if you do a good deed,
but have an ulterior motive,
it would be better not to do it at all.
The only exception is CHARITY.

Even though it is not as good as doing it with a pure motive,
it is still a good deed, and benefits other persons,
no matter what your motive is.

The fact that generosity and selfishness coexist within us
makes the good that we do ALL THE MORE COMMENDABLE.
Because it comes out of a STRUGGLE!

People tend to see the problem of love as BEING LOVED
rather BEING A LOVING PERSON.
All their efforts go into making themselves loveable
through being successful, or trendy, or wealthy or powerful.

The world and its powers,
misleads us to think this is the ONLY way to be loved.
WHAT A LIE!

We've been brainwashed into believing this
from the time we lost our innocence as little children.
We said to ourselves... Aha, now we know the truth!
WHAT A LIE!

THE TRUTH IS...if we love one another,
by becoming loving people,
we would be loved for who we are.

In the end, all of us want to be loved for ourselves.

People facing death don't think of what degrees they have earned,
or what positions they have held,
or how much money they have in the bank.

At the end, what really matters is who you loved and who loved you.