

HOLY HALF HOUR – FEBRUARY 2020

ABUNDANT LOVE

Hymn: Jesus my Lord

Introduction:

Abba Father thank You for this special period when we gather with hearts of adoration. My Jesus I love You with my whole heart! I consecrate myself to You completely; renouncing my entire will, my affections, my desires, and all that I possess. Do with me as You please, and whatever You please with all that I have. Holy Spirit enkindle in me a fire of love. (*Silence*)

Today we focus on **love**. Each of us may have different interpretations of love based on our situations, circumstances and experiences. We need to be reminded of the unchanging, unfailing, amazing and **abundant love** of God. Love which He generously and tenderly pours out on each one of us when he sent His Son, Jesus into the world. And we are called to imitate this love in our relationship with others. If our experience of love is great, tender, compassionate, sacrificial or grateful a feeling of wellbeing prevails and we feel good. If our experience of love is painful, revengeful, distrustful we need to be transformed by remembering the abundant love of our God that is always ours. (*Silence*)

A reading from the letter of St. Paul to the Corinthians (1 Corinthians 13:4-8) To be proclaimed from the Bible. (*Silence*)

Reflection:

- Selfless love is the priority of every Christian. Another word for this love is agape. Agape is 'a caring, selfless, self-sacrificing commitment which shows itself in seeking the highest good of the one loved. Agape is the lived reality of faith, the expression of faith. Love is not talk, it is action. (*silence*)
- Love is not possible without kindness. Kindness is patience in action. Kindness motivates others towards positive change. A kind person is helpful and looks for opportunities to help others without repayment. A kind person is tender and forgiving when wronged. (*silence*)
- In our society we are taught in many ways to be envious. Many of our advertisements are based on this. We may think envy is a small thing but it leads to various crimes. Jealousy in the negative sense is related to greed and selfishness. Jealousy is often the source of quarrels and conflicts. (*silence*)
- Today we notice people boasting about a lot of things – their money, possessions, education, status and lifestyle. True love goes against the spirit of this evil age

that stresses “I,” “Me,” and “My. Love is humble. The humble person is aware that everything he has is an undeserved gift from God and uses it in service of mankind. (*silence*)

- There is a fine balance to love. Although love is kind and overlooks the faults of others, it does not compromise the truth. Love sensitively confronts and corrects because it cares deeply. Love rejoices with the truth. Love is always eager to believe the best in other people. (*silence*)
- Love is a Christian lifestyle. Love is the essence of Christianity. St. Paul has given us a great guideline on love. We ought to pray that Christ empowers us to love in these ways to the best of our ability. (*silence*)

Hymn: This is my commandment

Intercessions:

Response: Help me love more and more

- With all my heart and soul
- With all my mind and strength
- Above all possessions and honour
- Above all pleasures and enjoyments
- More than myself and my belongings
- More than fame and popularity
- In wealth and poverty
- In sickness and health

Prayer: We end with a reflection from St. Augustine’s homily on love:

If you keep silent, keep silent by love. If you speak, speak by love. If you correct, correct by love. If you pardon, pardon by love. Let love be rooted in you, and from the root nothing but good can grow. Love and do what you will. Love endures in adversity, is moderate in prosperity, brave under harsh sufferings, cheerful in good works, utterly reliable in temptation, utterly open handed in hospitality, as happy as can be among true brothers and sisters, as patient as you can get among the false one’s. Love is all.

Hymn: O Lord furnace of love

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