

“Practice charity without setting any limits”

Love and practice charity without setting any limits or discriminating between people, for it is the virtue which marks us out as disciples of the Master. Nevertheless, this charity cannot lead you to dampen your faith -- for it would then cease to be a virtue. Nor should it blur the clear outlines that define the faith, nor soften it to the point of changing it, as some people try to do, into something amorphous and lacking the

strength and power of God.
(The Forge, 456)

30 June

It was the Lord who took the initiative by coming out to meet us. He gave us this example so that we might join him in serving others, generously placing our hearts on the ground, as I am fond of saying, so that others may tread softly and find their struggle more pleasant. This is how we should behave because we have been made children of the same Father, that Father who did not hesitate to give us his dearly beloved Son.

Charity is not something we ourselves build up. It invades us along with God's grace, 'because he has loved us first'. We would do well to fill, to saturate ourselves with this

most beautiful truth: ‘If we are able to love God, it is because we have been loved by God.’ You and I are able to lavish affection upon those around us, because we have been born to the Faith, through the Father’s love for us. Ask God boldly for this treasure, for the supernatural virtue of charity, so that you may practice it even in the smallest details.

Too often we Christians have not known how to correspond to this gift. At times we have debased it, as if it could be confined to a soulless and cold almsgiving; or we have reduced it to more or less stereotyped good works. This distortion of charity was well expressed once by a sick woman when she commented with sad resignation, ‘Yes, they treat me with “charity” here, but my mother used to look after me with affection.’ A love that springs from the Heart of Christ could never countenance such

distinctions. (Friends of God,
228-229)

pdf | document generated
automatically from [https://opusdei.org/
en-ca/dailytext/practice-charity-
without-setting-any-limits/](https://opusdei.org/en-ca/dailytext/practice-charity-without-setting-any-limits/) (2026-02-02)