

“To love one another, to help one another”

How very insistent the Apostle Saint John was in preaching the mandatum novum, the new commandment that we should love one another. I would fall on my knees, without putting on any act but this is what my heart dictates and ask you, for the love of God, to love one another, to help one another, to lend one another a hand, to know how to forgive one another. And so, reject all pride, be compassionate, show charity; help each other with

prayer and sincere friendship.
(The Forge, 454)

18 April

If the return of a son who had betrayed him is enough for him to prepare a banquet, what will he have in store for us, who have tried to remain always at his side?

Far be it from us, therefore, to remember who has offended us or the humiliations we have endured — no matter how unjust, uncivil or unmannerly they may have been — because it would not be right for a son of God to be preparing some kind of dossier, from which to read off a list of grievances. We must never forget Christ's example; besides, our Christian faith is not something to be put on and off like a suit of clothes: it can grow weak or more robust or be

lost. With this supernatural life our faith grows strong and the very thought of how wretchedly naked man is without God is enough to terrify the soul. And so one forgives and gives thanks. My God, when I look at my own poor life, I find no reason to be vain and still less to be proud: all I see are abundant reasons why I should be always humble and contrite. I know full well that a life of service is man's noblest calling.

‘I will arise and go through the city; through its streets and squares I will seek my love.’ And not only through the city; I will run from one end of the world to the other — through all nations and peoples, through highways and byways — to find peace of soul. And I discover this peace in my daily occupations, which are no hindrance to me; quite the contrary, they are my path, my reason to love more and more, and to

be more and more united to my God.
(Friends of God, 309-310)

pdf | document generated
automatically from [https://opusdei.org/
en-ie/dailytext/love-one-another-help-
one-another/](https://opusdei.org/en-ie/dailytext/love-one-another-help-one-another/) (11/02/2026)