

## “Learn how to do good”

When you are with someone, you have to see a soul: a soul who has to be helped, who has to be understood, with whom you have to live in harmony, and who has to be saved. (The Forge, 573)

June 28

I like to repeat what the Holy Spirit tells us through the prophet Isaiah, *discite benefacere*, learn how to do good...

Charity towards our neighbor is an expression of our love of God.

Accordingly, when we strive to grow in this virtue, we cannot fix any limits to our growth. The only possible measure for the love of God is to love without measure; on the one hand, because we will never be able to thank him enough for what he has done for us; and on the other, because this is exactly what God's own love for us, his creatures, is like: it overflows without calculation or limit.

Mercy is more than simply being compassionate. Mercy is the overflow of charity, which brings with it also an overflow of justice. Mercy means keeping one's heart totally alive, throbbing in a way that is both human and divine, with a love that is strong, self-sacrificing and generous. (Friends of God, 232)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-lk/dailytext/learn-how-to-do-good/](https://opusdei.org/en-lk/dailytext/learn-how-to-do-good/)  
(02/07/2026)