

The Strength of Love

A downloadable audio version of St Josemaria's homily "The Strength of Love", published in the book Friends of God. He explains how the Lord does not say that the proof of his disciples' faithfulness will be the working of wondrous miracles and prodigies, although he gave them the power to perform them, in the Holy Spirit. What does he tell them? "You shall be known as my disciples if you love one another".

05/25/2014

A downloadable audio version of St Josemaria's homily "The Strength of Love", published in the book Friends of God.

Let us now consider the Master and his disciples gathered together in the intimacy of the Upper Room. The time of his Passion is drawing close and he is surrounded by those he loves. The fire in the Heart of Christ bursts into flame in a way no words can express and he confides in them, *'I give you a new commandment that you love one another, just as I have loved you, you also must love one another. By this shall all men know that you are my disciples, if you have love for one another.'*

If you wish to get close to Our Lord through the pages of the Gospels, I always recommend that you try to enter in on the scene taking part as just one more person there. In this way (and I know many perfectly ordinary people who live this way) you will be captivated like Mary was, who hung on every word that Jesus uttered or, like Martha, you will boldly make your worries known to him, opening your heart sincerely about them all no matter how little they may be.

Lord, why do you call it a new commandment? As we have just heard, it was already laid down in the Old Testament that we should love our neighbour. You will remember also that, when Jesus had scarcely begun his public life, he broadened the scope of this law with divine generosity: 'You have heard that it was said, You shall love your neighbour and hate your enemy. But

I tell you, Love your enemies, do good to those who hate you, pray for those who persecute and slander you.'

But, Lord, please allow us to insist. **Why do you still call this precept new?** That night, just a few hours before offering yourself in sacrifice on the Cross, during your intimate conversation with the men who — in spite of being weak and wretched, like ourselves — accompanied you to Jerusalem, you revealed to us the standard for our charity, one we could never have suspected: '*as I have loved you*'. How well the apostles must have understood you, having witnessed for themselves your unbounded love...

[Read the homily here.](#)

pdf | document generated
automatically from [https://opusdei.org/
en-tt/article/the-strength-of-love/](https://opusdei.org/en-tt/article/the-strength-of-love/)
(02/08/2026)