

opusdei.org

Just Start (1): Work for Free

First video in the series "Just Start. Ways to Help People." Produced in the Jubilee Year of Mercy, these videos seek to help make Pope Francis' desire a reality: that we Christians may contemplate God's mercy and adopt it as our lifestyle.

03/09/2016

In various parts of the world, many people dedicate hours of work as free service for those who can't pay for it. In this video with English

subtitles we meet a plastic surgeon in Brazil and a German municipal official.

Below are some questions and quotes that can help you get more out of this video, in screenings with your friends, in your school or your parish.

Questions for dialogue

- What specific ways of helping others do we see in the video? Can you relate them to some of the works of mercy?
- What reasons might people have for providing this type of assistance?
- How might this effort influence others?
- What does Dr. Luiz Mario mean when he says: “It’s an encounter

of Jesus Christ with Jesus Christ”?

- What does Norbert means by saying that, in helping others, he is also offering a testimony of faith?

Some specific suggestions for action

- Provide a professional service free of charge to people who can't pay you back.
- Share your talents and know-how with those who need assistance.
- Pray for the people you meet in your professional work.
- Assist the sick and needy by your help, your company, and your prayer.

Quotes from Sacred Scripture

But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and

went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him (*Lk 10: 33-34*).

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered together about the door. And he healed many who were sick with various diseases, and cast out many demons (*Mk 1: 32-34*).

But Peter said, “I have no silver and gold, but I give you what I have; in the name of Jesus Christ of Nazareth, walk” (*Acts 3:6*).

Quotes from Pope Francis

Doing good without expecting anything in return. This is what the Father did with us and we must do the same. Do good and carry on! (Audience, 15 September 2014).

In order to be “imitators of Christ” (cf. *1 Cor* 11:1) with a poor or sick person, we must not be afraid to look him in the eye and to draw near with tenderness and compassion, and to touch him and embrace him (Angelus, 15 February 2015).

Serving. What does this mean? Serving means giving an attentive welcome to a person who arrives. It means bending over those in need and stretching out a hand to them, without calculation, without fear, but with tenderness and understanding, just as Jesus knelt to wash the Apostles’ feet. Serving means working beside the neediest of people, establishing with them first and foremost human relationships of closeness and bonds of solidarity (Address, 10 September 2013).

Quotes from Saint Josemaria

How I like that word: service! To serve my King and, through Him, all

those who have been redeemed by his Blood. I really wish we Christians knew how to serve, for only by serving can we know and love Christ and make Him known and loved (*Christ is Passing By*, no. 182).

Do not pass by a neighbor's affliction with indifference. That person—a relative, a friend, a colleague... someone you don't know—is your brother.

Remember the Gospel story you have heard so often with sadness: not even the relatives of Jesus trusted Him. Make sure the scene is not repeated (*Furrow*, no. 251).

Children. The Sick. — As you write these words, don't you feel tempted to use capitals?

The reason is that in children and in the sick a soul in love sees Him (*The Way*, no. 419).

.....

pdf | document generated
automatically from [https://opusdei.org/
en-uk/article/just-start-1-working-for-
free/](https://opusdei.org/en-uk/article/just-start-1-working-for-free/) (04/01/2026)