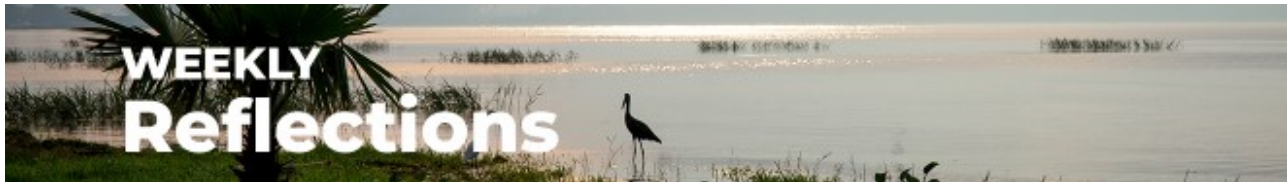


[Our Work](#)[Donate](#)[Get involved](#)

Based on the gospel for Sunday 12 February, Sixth Sunday in Ordinary Time: Matthew 5:17-37

“You have learnt how it was said to your ancestors; but I say this to you.”

In today's gospel, Jesus is speaking to the Jewish community, his own people. They seem to be questioning whether Jesus' teaching is in opposition to the Law that they live by. Jesus is clear; he has come to complete and fulfil the Law. He is not inviting people to leave behind their faith but to enter more deeply into it. To quote an 80's pop song – "It ain't what you do, it's the way that you do it." Too many people followed a pattern of faith that skimmed the surface of the Law, outwardly pious but inwardly self-protective. Jesus teaches that, to be a disciple, our lives must, above all, be lived in love. Love of God and love of neighbour as ourselves.

The examples that Jesus uses are just as relevant today. It may be easier to celebrate the sacraments, to believe that we are good people and make good choices. But is that enough?

As Christians, we are reminded that we cannot say we love God if we do not show love to our brothers and sisters. Love is shown in service, and in doing what we can to build the Kingdom of God. St Therese of Lisieux tells us, "Without love, deeds, even the most brilliant, count as nothing."

We are moving towards the season of Lent, a time when the Christian tradition is to put faith into action. Let us be aware of what our faith means and find ways to live it to the full. It is not about Law; it is not just what we have to do. It is a question of how much we can do, how much we can love.

Compassionate God,
Give us courage and conviction to put our faith into action.
Let us show love in our relationships with others,
and in actions of support and encouragement.
Amen



DEC Turkey-Syria Earthquake Appeal

Help us to provide urgent food, water and shelter to survivors of the earthquake.

[Donate now](#)

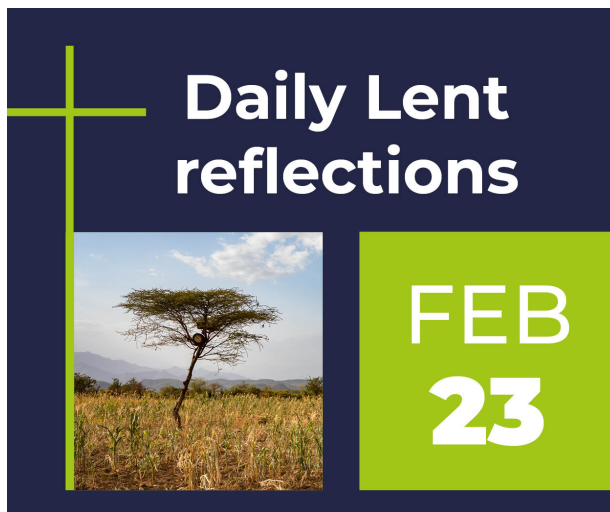


Seeds are life

Stand with small-scale farmers as they fight for control over their seeds.

Join us in demanding the World Bank end all policies that restrict farmers' freedoms to choose which seeds they use to grow food.

[Take action now](#)



Reflect this Lent

Spend time in reflection and prayer each day this Lent. Sign up to receive our daily emails for a moment of pause.

[Sign up now](#)

This reflection and prayer were written by CAFOD volunteer Mairie Gelling.



This CAFOD email includes weekly reflections on a gospel passage. To ensure your email newsletter reaches

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