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Based on the gospel for 20 February, Seventh Sunday in Ordinary Time: Luke 6:27-38

“I say this to you who are listening.”

‘That’s not fair!’ Words you may be used to hearing, especially if you have young children. Like many parents, I have appealed to the ‘golden rule’ contained in today’s gospel; ‘Treat others as you would like them to treat you.’ However, as I reflect on today’s reading it is clear that it is something much more than fairness that Jesus demands of us.

Jesus offers a radical invitation to live in a different way. His preaching asks us to extend our love to all; to love even our enemies, to pray for those who have hurt us and to give without any hope of receiving something in return.

It is just this self-giving love that characterises Jesus’ life and will lead him to the Cross. Jesus invites us to respond to the world as he did – loving, giving and praying. In doing so we can collaborate with him in breaking cycles of judgment, hatred and violence.

How then can we respond more fully to this challenging call?

Jesus opens today’s passage by reminding us these words are for those ‘who are listening.’ Let’s try to open our hearts to listen today to what Jesus’ message means for our lives.

God of wisdom,  
You gave us your Son  
to show us how to love.  
Help us to listen deeply to him  
and learn how to choose his way  
of forgiveness and generosity.  
Amen.



## 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.

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## Walk Against Hunger

Bronagh from Leeds is joining in with our Walk Against Hunger. Find out why and how you can get involved.

[Read more](#)



## Stand in solidarity

Ask your MP to back a new law to hold business to account when it fails to prevent human rights abuses and environmental harm.

[Email your MP](#)

This reflection and prayer were written by Caroline Stanton of our Theology team.



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