"But I say to you who hear: Love your enemies"

Luke 6:27

WHY should we do this? and

HOW can we do this?

WHY?

- It is the TEST of the true spiritual virtue of love
- Those who insult and harm us are the healers of our pride and the teachers of humility
- By this we become like Him
- By this alone, we may receive the Reward
- By this, we protect the purity of our hearts and hence the acceptance of our offerings

HOW?

- Do good to those who hate you
- Bless those who curse you
- Pray for those who ill treat you
- No retaliation: "To him who strikes you on the one cheek, offer the other also"
- No personal rights: "And from him who takes away your cloak, do not withhold your tunic either"