Love or Fear

In our lives there are two basic emotions, two motivating forces. There is love and there is fear. The many words we use to describe our feelings fall along the spectrum of love and fear. Within love one can find happiness, joy, peace, contentment, trust...within fear one can find anger, resentment, guilt, anxiety, remorse.

In our lives and in this holiday season especially, God calls us to choose love. We are called to actively engage in the variations of love. To feed the hungry, cloth the naked, comfort the grieving, celebrate with the joyful. We are called to smile at the hurried man we pass on the street and hold the door for the woman trying to encourage three small children into an overcrowded store. We are called by God and St. Ignatius to meet our brothers and sisters where they are (in the literal and metaphysical sense) and remind them of the grace and the spark of God within each of us. When we choose love, we are “open to all that life has to offer with passion, excitement, and acceptance.”

How will you choose to live today?