

## A HEART IN ACTION

Helping those who are lonely ...



THIS IS HOW WE LIVED IT...

**W**ith two of my friends, I was coming home from school one day, when we saw a mother carrying firewood on her head to use for cooking. I suggested that maybe we could help her, but my friends weren't thrilled about the idea... They said that if our classmates saw us carrying firewood on our heads, we would look ridiculous and make fools of ourselves!

But I kept insisting and finally we all helped her. We accompanied her all the way to her house and she was very grateful.



## BURUNDI



In the evening I remembered what I had read that morning in the Gospel! Those words of Jesus had inspired me to make that act of love for God in my neighbor!

What would I have done in his place?

## >> Only one thing!

WORD OF LIFE

**1**  
cf 1 Cor 3:11

«CHRIST,  
THE ONE FOUNDATION  
OF THE CHURCH.»



THE WORD

LIVED OUT

SETS US FREE

AND IT'S A SOURCE

OF JOY

**DURING THE WEEK OF PRAYER FOR CHRISTIAN UNITY, CHRISTIAN CHURCHES AND COMMUNITIES COME TOGETHER TO REMEMBER THAT CHRIST IS THEIR ONLY FOUNDATION. THEY KNOW THAT ONLY IF THEY FOLLOW JESUS AND LIVE ACCORDING TO HIS GOSPEL WILL THEY REACH FULL AND VISIBLE UNITY AMONG THEM.**

THE WORD LIVED OUT SETS US FREE FROM HUMAN CONDITIONING. IT IS A SOURCE OF JOY, SIMPLICITY, FULLNESS OF LIFE AND LIGHT. IT HELPS US TO FOLLOW CHRIST AND LITTLE BY LITTLE TO BECOME LIKE HIM.

JUST LIKE OUR BODY NEEDS TO BREATHE TO STAY ALIVE, SO THE SOUL FINDS ITS SOURCE OF LIFE IN LIVING THE WORD OF GOD.

IF WE LIVE ACCORDING TO HIS WORDS, WE ARE ONE WITH HIM.



«LOVE

AND DO

AS YOU WILL.»

Saint Augustine said this and it really summarizes the Gospel law of love.

BY LOVING WE CAN'T GO WRONG. LOVE WILL LEAD US TO FULLY CARRY OUT THE WILL OF GOD.



I WILL TRY TO FIND A MOMENT DURING THE DAY FOR A ONE-ON-ONE CHAT WITH JESUS