

We Love Because He Loved Us First

Reflection on the Word of God for a Communion Service

1 John 4:19–5:4 Psalm 72 Luke 4:14–22

This reflection is intended for use during a Communion Service or a celebration of the Word of God with the distribution of Holy Communion, in accordance with the Order of Holy Communion Outside Mass.

English

Brothers and sisters in Christ,

Saint John gives us today a single sentence that contains the whole Christian life:

“We love because He first loved us.” **(brief pause)**

This is where our faith begins. Not with our effort. Not with our perfection. But with the initiative of God. **(measured pause)**

Before we prayed, before we obeyed, before we understood, God loved us first.

Saint John is very clear that love is never only spoken. If we truly love God, that love must become visible in how we live and how we treat others. **(brief pause)**

That is why he says:

“The love of God is this, that we keep His commandments.” **(brief pause)**

And then he reassures us:

“His commandments are not burdensome.” **(measured pause)**

Because they are lived in grace, not in fear.

The Psalm today gives us an image of what this love looks like in action. It speaks of a king who rescues the poor, defends the afflicted, and saves life from violence. **(brief pause)**

This is not distant or cold justice. It is justice shaped by mercy. **(measured pause)**

In the Gospel proclaimed today, Jesus enters the synagogue and proclaims the words of the prophet Isaiah. After reading, He sits down and says:

“Today this Scripture is fulfilled in your hearing.” **(brief pause)**

In that moment, Jesus reveals that He Himself is the fulfillment of God’s promise. He is the love Saint John speaks of. He is the justice the Psalm announces. **(measured pause)**

Saint John tells us that this faith in Christ is what overcomes the world. Not power. Not force. But faithful love. **(brief pause)**

Marian Reflection

The Blessed Virgin Mary shows us how this love is lived.

She did not begin by acting, but by receiving. She received the love of God with trust and humility. **(brief pause)**

From Nazareth to Calvary, Mary teaches us a quiet truth:

We cannot give what we have not first received. (sacred silence)

May Mary help us receive God's love anew today, so that our lives may truly proclaim:

"We love because He first loved us."

Español

Hermanos y hermanas en Cristo,

San Juan nos ofrece hoy una sola frase que contiene toda la vida cristiana:

"Nosotros amamos porque Él nos amó primero." **(pausa breve)**

Aquí comienza nuestra fe. No con nuestro esfuerzo. No con nuestra perfección. Sino con la iniciativa de Dios. **(pausa medida)**

Antes de rezar, antes de obedecer, antes de comprender, Dios nos amó primero.

San Juan nos recuerda que el amor no es solo palabra. El amor verdadero se manifiesta en la vida y en la forma en que tratamos a los demás. **(pausa breve)**

Por eso afirma:

"El amor de Dios consiste en cumplir sus mandamientos." **(pausa breve)**

Y luego nos tranquiliza:

"Sus mandamientos no son pesados." **(pausa medida)**

Porque se viven en la gracia, no en el miedo.

El Salmo nos presenta una imagen concreta de este amor. Habla de un rey que defiende al pobre y rescata al oprimido. **(pausa breve)**

Es una justicia cercana, llena de misericordia. **(pausa medida)**

En el Evangelio proclamado hoy, Jesús anuncia la Escritura y declara:

"Hoy se cumple esta Escritura que acaban de oír." **(pausa breve)**

Jesús mismo es el cumplimiento de la promesa de Dios. Él es el amor del que habla San Juan. **(pausa medida)**

San Juan nos dice que la fe es la que vence al mundo. No por la fuerza, sino por la fidelidad.
(pausa breve)

Reflexión Mariana

La Virgen María nos enseña este camino.

Ella comenzó recibiendo, no actuando. Recibió el amor de Dios con fe y confianza. (pausa breve)

Desde Nazaret hasta el Calvario, María nos recuerda:

No podemos dar lo que no hemos recibido primero. (silencio sagrado)

Que María nos ayude a acoger hoy el amor de Dios para poder vivirlo con fidelidad.

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