

Saul sought to kill David. And David, when he had the chance, would not harm Saul.

In the Gospel Jesus tells us to love our enemies. We must do good to those who hate us, bless those who curse us and pray for those who mistreat us.

Those are not the teachings of our modern society. Society teaches us to do to others what they do to you. Or perhaps, do it unto others before they do it to you. It is hard to imagine to love our enemy or someone who deeply wounds us.

Jesus does not mince His words if He tells us to do something, then it is possible for us to do so. Perhaps, it may be extremely difficult for us to do it alone, but if we seek God's help we can do all things.

We usually expect good coming from others. It is when others do not live up to our expectations that we have the most trouble. We abhor politicians who do not adequately represent the good of the whole community, church leaders who are involved in scandalous events, or who do not show the best interest of the entire community, and anyone who deviates from the life we expect.

How do we refrain from judging and condemning them? If we do not judge or condemn, are we not condoning them?

Certainly we can differentiate between the individual and the words or actions performed by an individual. We may not and should not accept the egregious actions done (and we rightly judge them wrong and condemn them) but we still can refrain from judging and condemning the individual. "Judgment is mine says the Lord." (Deut. 32:35: Romans 12:17-19) Leave it to Him!

We ought to re-read today's Gospel slowly, prayerfully and with a lot of reflection to discern what the Lord expects of us.

The value of today's Gospel can be given in a short summary.

- Stop judging and you will not be judged
- Stop condemning and you will not be condemned
- Forgive and you will be forgiven
- Give and gifts will be given to you.

Most significantly Jesus says "the measure with which you measure will in turn be measured out to you." That refers both to refraining from some actions and words as well as performing positive ones.

- Stop judging and condemning
- As you love your enemies so you will be loved
- As you do good to those who hate you so God will do good to you
- As you bless those curse you, so you will be blessed
- As you forgive so you will be forgiven
- As you give so you will be given

May God help us discern our actions in the light of Christ's expectations.