

Friday 21 February

Today is Friday the 21 February, in the Sixth Week of Ordinary Time.

The monks of Glenstal Abbey sing *Ubi caritas est vera, Deus ibi est*. Wherever love is true, God is there. A chant which expresses the presence of God in every act of goodness, or kindness, of love.

Today's reading is from the Letter of James.

For some people, this passage makes a theological point ? almost an academic point ? about ?faith? and ?works? and ?salvation?. But for others, it's saying something very down-to-earth about how we live our everyday lives. How do you hear it?

What connection do you see, or feel, between your faith and what you do, the way you live your life ? the help, perhaps, that you give to people who need it?

As you hear these words again, notice how Abraham is mentioned. Think about what his love for God must have been like, that made him ready to sacrifice his own son, the symbol of everything God had promised him.

Talk to God about your friendship with him and perhaps how you would like to express this friendship in the way you live your life, in your ?works?, in the way you behave towards others.