

1 John 3:22 – 4:6

Matthew 4:12-17, 23-25

John's words are clear and concise in his instructions to the early Church , and to us, in the way that we and they are to live. "Keep God's Commandments, believe in the name of his Son, Jesus Christ and love one another as he told us to." In doing so we can, "Live in God with God living in us." And we know this because of, "The Spirit that he has given us." The Spirit that guides us in truth and understanding of God's will. We are children of God, with God living in us. So, rather than those who live in the world and follow its ways, we live in God. And those who also know God listen to the true Spirit that is in them. Note that we are 'children of God.' We come from God are constantly in need of his help and direction in order to grow into what he wants us to be.

In today's Gospel, we are reminded that Our Father, God, is revealed in Jesus' acts of listening, compassion for, and healing of, many in Galilee, "Teaching in their synagogues , proclaiming the good News of the Kingdom and curing all kinds of diseases and sickness." Jesus does not discriminate. He is available to all who are touched by God's Spirit and believe in him.

It is through God's Spirit and our living in him that Jesus can heal us too!