

Love Instead of Judge

“If you judge people, you have no time to love them.” Blessed Mother Teresa

How often do we judge? The answer I'm sure would shock you. It seems almost impossible not to judge everything and everyone. Judging is far beyond the scope of pointing out someone's failures, mistakes or appearances; it's exploiting their weaknesses and who they are. In this way we are not meeting others where they are, we are judging them without knowing them or their circumstance. When we judge someone else, in any way, we create an image of them that is less than that of ourselves in order to make ourselves look better. The degree by which we judge someone only shows just how insecure we are about ourselves.

“Who am I to judge?” Pope Francis

“Remember that their cross is twice as heavy as your own.”

Are we deaf to the tears of our brothers and sisters, crying out in rejection and loneliness from being out-casted by our insincerity and our hypocritical faith? If we are to preach “love one another” than we must live by it totally and completely. There is no ‘this person had it coming’, or ‘if they're going to act like that, then they're just asking for it’. We are to love fully and truly always, in spite of each other's shortcomings and that of our own.

“Just as God has bathed us in His love, so must we bathe each other in the same love.”

“...whoever loves me will be loved by my Father, and I will love him and reveal myself to him.” John 14:21

“Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven.” Luke 6:37

We can judge someone in a thousand ways, and no matter how we do so, we make ourselves into hypocrites, we reject our Father's love and we reject the Father in them. It takes nothing to judge, it takes our whole being to love as Jesus loves. We have to focus on love, that we will love someone rather than judge them, or condemn them. So how does one begin to love instead of judge? As Blessed Mother Teresa would say: “Let us always meet each other with a smile, for a smile is the beginning of love.”

*Father of all,
teach me in the ways of your love.
Reveal Yourself to me in the eyes of Your
creation. Form my heart to the ways of
Your mercy and enlighten my mind with
Your compassionate wisdom.
Extinguish all judgment from my heart,
ignite my understanding, and strengthen
my tenderness; so that love may be what I
breathe and all that I express.
In your name I ask for the grace to love
another as You love me.*

Amen