

A reading from the First Letter of Saint John

Children, let us love not in word or speech  
but in deed and truth.

Now this is how we shall know that we belong to the truth  
and reassure our hearts before him  
in whatever our hearts condemn,  
for God is greater than our hearts and knows everything.

Beloved, if our hearts do not condemn us,  
we have confidence in God  
and receive from him whatever we ask,  
because we keep his commandments and do what pleases him.

And his commandment is this:  
we should believe in the name of his Son, Jesus Christ,  
and love one another just as he commanded us.

Those who keep his commandments remain in him, and he in them,  
and the way we know that he remains in us  
is from the Spirit that he gave us.

**The Word of the Lord.** *R. Thanks be to God*

### **Commentary**

The first letter of St. John was written as a response to some people who had broken away from the early Christian community and were opposed to some of the basic teachings about Jesus. This is why the passage opens with references to what is true. Love is not a matter of words. It must also involve real actions. One's thoughts and beliefs (things of the heart) must match what is done on the outside, for “God is greater than our hearts and knows everything.”

The reading emphasizes truth. At the heart of the wedding liturgy is the vows, during which the couple will say, “I promise to be true to you.” Traditionally this has referred to sexual fidelity, yet it can include a wider range of truth. Couples also need to be true about their finances, their hopes for family, their personal histories, their struggles and addictions, their beliefs about God, and much more. Being true in all things is an imitation of the way Christ Jesus loves us.

The passage describes a love that is sincere. God has commanded us to believe in Jesus Christ, and the Holy Spirit will help us to know when we have kept God's commands.