

Only He knew that it was the last meal He would have with his disciples. Jesus humbled himself and washed their feet, one after the other, and through this act, He instructed them saying: “This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends” (John 15:12).

On that night and through that dinner, Jesus left the disciples with his last commandment, on the same night that He has established the Eucharist; leaving them and leaving all humanity with the most important life instruction: To love one another as He has loved us. Not as we love each other, but as **He Has Loved Us**.

Every act of Jesus was an act of God; therefore, Jesus is reminding us of how God, the Father, has loved us and because He has loved us unconditionally and so majestically, He has sent us His only son to take over our sins and offer us an eternal life by his side. And the only way we can be by his side, is if we follow his son’s footsteps, and that is **to love one another as He (and the father) has loved us**.

On that particular night, and after washing their feet, Jesus wanted to teach his disciples and each one of us, that his love is unconditional, selfless and sacrificial. That love is not merely an emotion, but love is who we are, as Saint Therese of Lisieux flawlessly said: “Let us love, since that is what our hearts were made of”.

All of us, as followers of Christ, are to imitate the love of our Lord by serving and loving each other. St. Paul wrote: “Love is patient, love is kind, it does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres” (1 Corinthians 13:4-7).

We are invited to love from all our hearts, to ask God to fill our hearts with his love so that we can love like him. We are reminded not to judge, so that we won’t be judged by God, to forgive others, so that God forgives our sins, to look inwards so that we can find the love that God has implanted in us, and not to look outwards where moths and vermin will destroy everything and where the thieves will break in and steal (Matthew 6:19).

Jesus is telling us to treat each other as we wish to be treated, and to be present for each other as He is always present with us. All He is asking from us is a relationship with Him, to open our hearts and love Him and let him work in us and through us so that we can be by His side when our time comes.

“For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you took me in, I was naked and you clothed me, I was sick and you visited me” (Mathew 25:30-40). We can obey that commandment by the help of Christ, for as St. Therese of Lisieux said: “The measure of Love is to love without measure”.

He is commanding us to love like He loves, the kind of love that signifies selflessness and willingness to make the ultimate sacrifice for the well-being of others; He is asking us about the Greater Love!

“Greater Love has no one than this, that someone lay down his life for his friends” (John 15:13).

And together, let us pray together:

“Our Lord, fill our hearts with your love so that we may love like you loved us, and grant us the grace to see you in all people.”