

# Dear Padre,

*Sometimes I become pretty disgusted with my life and myself. I wonder if anyone really loves me. Is there any way I can know that God loves me?*

Every human person is made in the image of God. This means that your life is infinitely precious in God's eyes. God values and loves you beyond anything you could ever imagine.

God has also placed into our hearts a yearning for love and happiness that cannot be satisfied by anything less than God. True love will not be found in riches or well-being, in fame or power. True happiness will be found in God alone, the source of all life and all love.

In New Testament times, many people believed that wealth and success were signs of favor and love from God. If disaster struck, you would assume that God was angry with you, or that you had done something wrong. Ill-fortune was a "sign" that God's love had been withdrawn from you.

Jesus turned this sort of thinking on its head. Jesus taught that God truly loves all people, including those who are down on their luck. God's love is not based on wealth, fortune, or success. Rather, God loves you because you are God's own creation, God's child, and heir to God's own kingdom.

You might find it helpful to talk over those feelings of self-disgust with a spiritual director or a confessor. Meanwhile, take comfort in the words of Isaiah: Do not fear, for I have redeemed you; I have called you by name: you are mine (Isaiah 43:1). ●



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## MONDAY

February 6  
*St. Paul Miki and Companions, Martyrs*  
Gn 1:1–19  
Mk 6:53–56

## TUESDAY

February 7  
*Weekday*  
Gn 1:20–2:4  
Mk 7:1–13

## WEDNESDAY

February 8  
*Weekday*  
Gn 2:5–9,  
15–17  
Mk 7:14–23

## THURSDAY

February 9  
*Weekday*  
Gn 2:18–25  
Mk 7:24–30

## FRIDAY

February 10  
*St. Scholastica, Virgin*  
Gn 3:1–8  
Mk 7:31–37

## SATURDAY

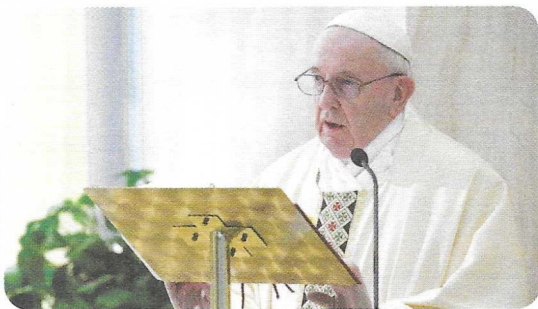
February 11  
*Weekday*  
Gn 3:9–24  
Mk 8:1–10

## SUNDAY

February 12  
*Sixth Sunday in Ordinary Time*  
Sir 15:15–20  
1 Cor 2:6–10  
Mt 5:17–37 or  
5:20–22, 27–28,  
33–34, 37

### Know Someone Overly Anxious About Sin?

Since 1964, the Redemptorists' *Scrupulous Anonymous* free monthly newsletter has ministered compassionately to those struggling with scrupulosity. To subscribe, visit [ScrupulousAnonymous.org](http://ScrupulousAnonymous.org).



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## A WORD FROM POPE FRANCIS

**God changes the world by transforming our hearts, and this he cannot do without us. The Lord wants us to open the door of our hearts in order to enter into our lives....For when God finds an open and trusting heart, he can work wonders there.**

HOMILY BAKU, AZERBAIJAN, OCTOBER 2, 2016