

August 20, 2025

Daily Reflections



MEMORIAL OF SAINT BERNARD, ABBOT AND DOCTOR OF THE CHURCH

By Lucy Dominguez

A Quote

"Admit that God deserves to be loved very much, yea, boundlessly, because He loved us first, He infinite and we nothing, loved us, miserable sinners, with a love so great and so free. This is why I said at the beginning that the measure of our love to God is to love immeasurably. For since our love is toward God, who is infinite and immeasurable, how can we bound or limit the love we owe Him? Besides, our love is not a gift but a debt. And since it is the Godhead who loves us, Himself boundless, eternal, supreme love, of whose greatness there is no end, yea, and His wisdom is infinite, whose peace passeth all understanding; since it is He who loves us, I say, can we think of repaying Him grudgingly?"

SAINT BERNARD, ON LOVING GOD

Reflection

Today we remember St. Bernard, a mystic, abbot, and Doctor of the Church, whose words on loving God inspire me:

“This is why I said at the beginning that the measure of our love to God is to love immeasurably...”

Though not a poem, this quote reads like one, with rhythm and reverence. St. Bernard writes theology with a lover’s heart. His words stir the soul, reminding us that God’s love must be received and returned.

Sometimes I lose sight of how freely God loves us, not because of anything we’ve done, but simply because God is love. Bernard’s words touch me deeply: God, who is infinite, chooses to love us, our mess, our limitations, our failures. And he loves us not with a cautious or measured love, but with a love that is boundless and utterly free.

It is humbling. We often treat love as if it must be earned. However, when we recall that God loves us without conditions or limitations, we come to realize that our love for God is not an obligation, but a response -- a movement of the heart that mirrors the love we’ve already received.

I am thinking about the recent immigration raids: families torn apart, children left behind, fear casting a shadow over entire communities. I wonder, where is the immeasurable love of God in this? Then I realize, it is supposed to be found in us.

If we truly believe that God loved us first, freely, without merit, without boundaries, then how can we withhold compassion from those who are most vulnerable? How can we draw lines around who is “worthy” of safety, welcome, or protection? St. Bernard’s call reminds us: our love for God is shown in how we love others. The immeasurable love we receive must be shared, especially with those who are hurting. That is the takeaway: to make God’s boundless love visible through our compassion and action.

God’s love does not stop at borders. It does not request proof of status or documentation. Ours should not either. To love God is to love without measure, which, now, means supporting the oppressed, protecting families, and confronting suffering.

The main takeaway is simple and clear: to love God, we must love immeasurably, sharing His boundless love openly with those in need.



S' BERNARD

For Pondering

Ask yourself:

- What does it mean for me to love God “immeasurably?” How might that look in my daily life, especially in how I respond to injustice or human suffering?
 - When have I experienced God’s love as completely free and unconditional? How did that shape the way I saw myself or others?
 - Are there places in my heart or in the world where I still measure love, where I hold back compassion, care, or presence? What might God be inviting me to do differently?
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For Prayer

A Prayer for Compassion

*Oh God, I wish from now on
to be the first to become conscious
of all that the world loves, pursues, and suffers;*

*I want to be the first to seek,
to sympathize, and to suffer;
the first to unfold and sacrifice myself,*

*to become more widely human
and more nobly of the earth
than any of the world’s servants.*

PIERRE TEILHARD DE CHARDIN, SJ

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