

What Does it Mean to Love Your Neighbour?

Carol shared this teaching with us at our Kingdom Community gathering:

“I believe loving your neighbours means:

- *Not judging them*
- *Not putting labels on them*
- *Expecting nothing of them*

This turns out to be a very practical strategy which can save us a lot of frustration and disappointment. Like most spiritual principles, it is also excellent psychological advice.

We tend to say: “If I understood why Frank is so arrogant, then perhaps I could love the guy.” If we make the choice to love Frank, we begin to understand him. Forgiveness and love are one and the same. That’s why we find it easier to love babies – because we perceive them as innocent.

Whenever we choose to see love in a situation, we are making progress – mainly because we can’t love and resent people at the same time!”¹

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