# Put Your Faith In Love

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# LOVE (III) by George Herbert

Love bade me welcome.
Yet my soul drew back
guilty of dust and sin.

But quick-eyed Love, observing me
grow slack from my first entrance in,
drew nearer to me, sweetly questioning,
if I lacked any thing.

A guest, I answered, worthy to be here:
Love said, You shall be he.
I the unkind, ungrateful? Ah my dear,

I cannot look on thee.

Love took my hand, and smiling did reply, who
made the eyes but I?

Truth Lord, but I have marred them: let my
shame go where it doth deserve.

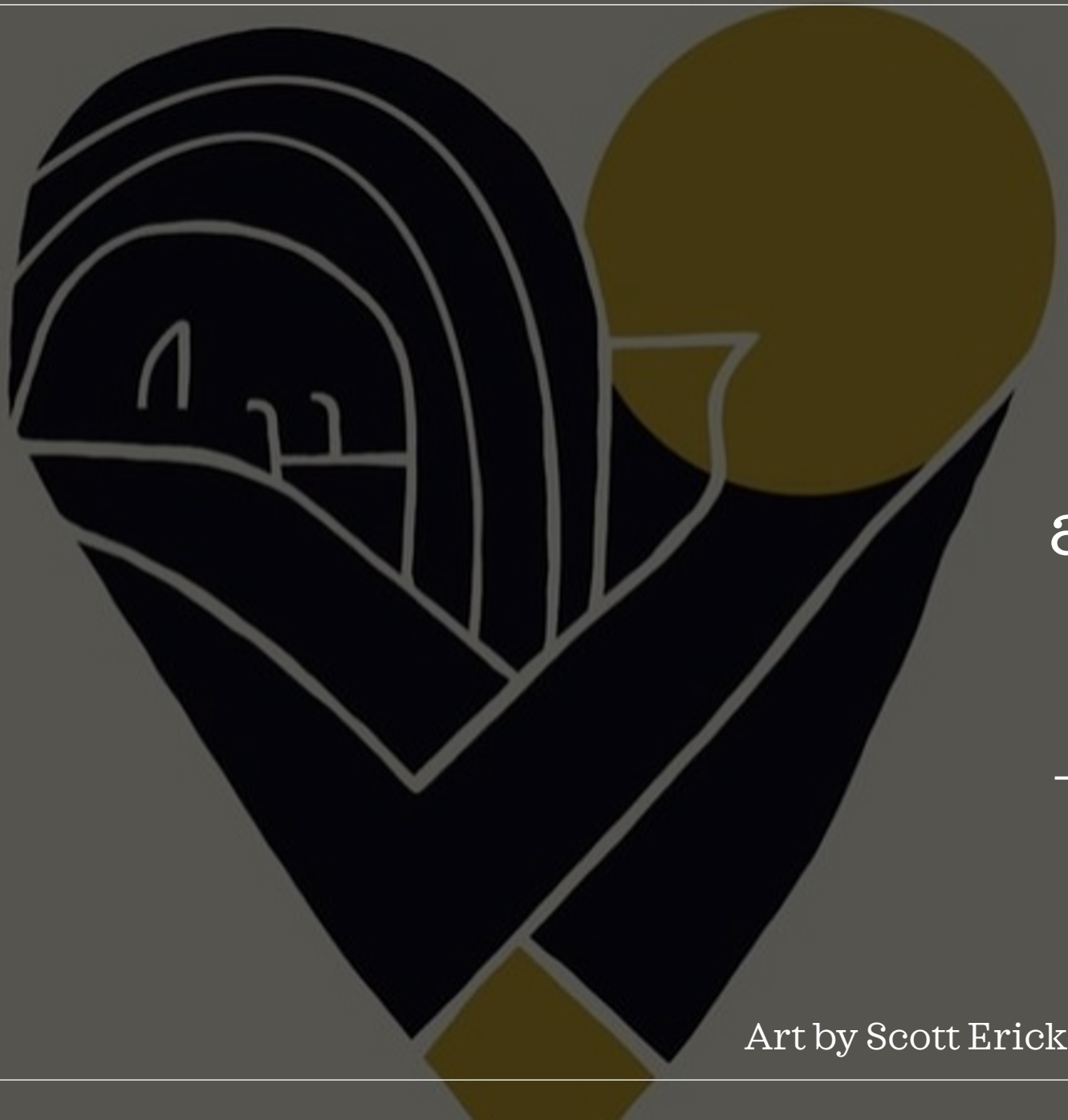
And know you not, says Love, who bore the
blame?
My dear, then I will serve.

You must sit down, says Love, and taste my
meat:

So I did sit and eat.

Source: *George Herbert and the Seventeenth-Century Religious Poets* (W. W. Norton and Company, Inc., 1978)

And God said, “Love your enemy”



And I obeyed Him, and loved myself.

-Khalil Gibran

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Behold
what
you are.

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What does is mean to behold what (or who) you are in a loving way?

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“When we are in a moment of courage – whether we call that God’s voice, or indigenous bravery – it is the body that tells us a deep truth; it is the body that speaks to us, and it is from the body that the courage comes. I have a friend, Kellie, and when she speaks courageously – and she speaks courageously often – you can read the truth from her body. Her fingers shake a little bit, and her mouth, while it is shaping strong words, is also shaking with the fear that demonstrates the depth of her courage. Hello to fear. Hello to the courage that comes from the same place as fear. Hello to the truth of the body.”

— Pádraig Ó Tuama, *In The Shelter*

Become what you receive.

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