



# The Holy See

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PASTORAL VISIT TO THE ROMAN PARISH  
"SAN TOMMASO APOSTOLO"

**HOMILY OF POPE FRANCIS**

*Sunday, 16 February 2014*

## Video

One time, the disciples of Jesus were eating grain because they were hungry; but it was Saturday and on Saturday grain was not allowed to be eaten. Still, they picked it [rubbing his hands together] and ate the grain. And they [the Pharisees] said: "But look at what they are doing! Whoever does this breaks the Law and soils his soul, for he does not obey the Law!". And Jesus responded: "nothing that comes from without soils the soul. Only what comes from within, from your heart, can soil your soul". And I believe that it would do us good today to think not about whether my soul is clean or dirty, but rather about what is in my heart, what do I have inside, what I know I have but no one else knows. Being honest with yourself is not easy! Because we always try to cover it up when we see something wrong inside, no? So that it doesn't come out, don't we? What is in our heart: is it love? Let us think: do I love my parents, my children, my wife, my husband, people in the neighbourhood, the sick?... Do I love? Is there hate? Do I hate someone? Often we find hatred, don't we? "I love everyone except for this one, this one and that one!". That's hatred, isn't it? What is in my heart, forgiveness? Is there an attitude of forgiveness for those who have offended me, or is there an attitude of revenge — "he will pay for it!". We must ask ourselves what is within, because what is inside comes out and harms, if it is evil; and if it is good, it comes out and does good. And it is so beautiful to tell ourselves the truth, and feel ashamed when we are in a situation that is not what God wants, it is not good; when my heart feels hatred, revenge, so many situations are sinful. How is my heart?...

Jesus said today, for example — I will give only one example: "You have heard that it was said to your ancestors, 'you shall not kill'. But I say to you, whoever is angry with his brother has killed him

in his heart". And whoever insults his brother, kills him in his heart, whoever hates his brother, kills his brother in his heart; whoever gossips against his brother, kills him in his heart. Maybe we are not conscious of it, and then we talk, "we write off" this person or that, we speak ill of this or that ... And this is killing our brother. That is why it is important to know what is inside, what is happening in my heart. If one understands his brother, the people, he loves his brother, because he forgives: he understands, he forgives, he is patient.... Is this love or hate? We must be sure of this. And we must ask the Lord for two graces. The first: to know what is in our own heart, not to deceive ourselves, not to live in deceit. The second grace: to do what is good in our hearts and not to do the evil that is in our hearts. And as for "killing", remember that words can kill. Even ill-will toward another kills. Often, when we listen to people talking, saying evil things about others, it seems like the sin of slander. The sin of defamation had been removed from the Ten Commandments and yet to speak evil of a person is still a sin. Why is speaking ill of another a sin? Because there is hatred in my heart, aversion, not love. We must always ask for this grace: to know what is happening in our heart, to constantly make the right choice, the choice for good. And that the Lord help us to love one another. And if I cannot love another well, why not? Pray for that person, pray that the Lord make me love him. And like this we move forward, remembering that what taints our lives is the evil that comes from our hearts. And that the Lord can help us.