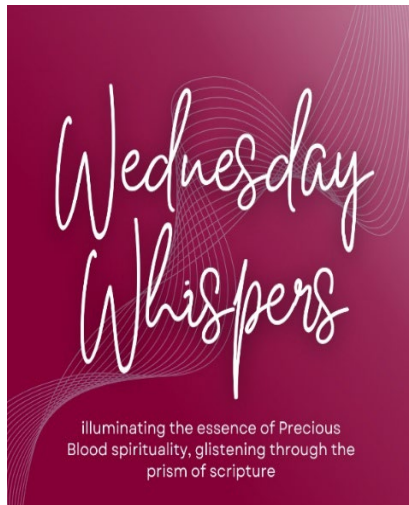




A weekly reflection by members
of the Precious Blood Community

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“Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love.” (1 John 4:7-8)



As a Catholic millennial, I was doomscrolling, like one does in their free time, and happened to scroll my way through Catholic social media. If you're unfamiliar, it's usually protestants trolling Catholics with arguments like Catholics believe in a “works-based salvation.” I've heard this before, but something about it made me pause. My mind went straight to that line from the Letter of St. James: “*Faith without works is dead*” (James 2:17). Those words have always struck me — not as a contradiction to grace, but as a revelation of what faith really is. Faith that is alive *moves*. It isn't static. Then I remembered what my seminary rector told me, which was that “*everything always comes back to God is love.*”

If God *is* love (1 John 4:8), then He is the very source of all movement and life. In philosophy, God is called the *Unmoved Mover* — the One who moves all things without Himself being moved. And what moves the world, ultimately, is love. It's love that created the world, love that sent the Son to redeem it, and love that sustains it through the

Holy Spirit and the life of the Church. God's love is not just an emotion; it's an eternal act. His love *does*.

That realization changed how I saw everything — from prayer to friendship to service. We sometimes think of prayer as a feeling, a kind of spiritual warmth that proves God is close. But prayer isn't about feeling; it's about *being faithful*. It's an act of love — showing up, listening, giving time to God even when He feels silent. The Catechism says prayer is “a vital and personal relationship with the living and true God” (CCC 2558). Relationships grow not by constant emotion, but by showing up every day. So prayer, even when dry, is an act of love in motion — our little “yes” that mirrors God's own.

It's the same in our relationships and friendships. Love cannot live on feelings alone. To really love someone — a friend, a community, or someone we're discerning a relationship with — we must *act*: to check in, to listen, to forgive, to give our time and attention. That's what keeps love real. Plato talked about virtuous friendship as people striving together toward the good; in the light of Christ, that means helping one another toward heaven. Love that doesn't act eventually fades into sentimentality.

The sacraments show us this truth perfectly. God didn't just tell us He loves us — He *proved* it. In Baptism, He stamped His own life onto ours. In the Eucharist, He gives us His very Body, Blood, Soul, & Divinity. The sacraments are not empty rituals; they are divine revolutions of love — God breaking into the world and demanding our response. To receive the Eucharist and then ignore the suffering Christ in the immigrant, the unborn, the homeless, or the oppressed is to betray the very mystery we claim to adore. The altar sends us into the streets. Love that does not defend human dignity is not love but sentimentality disguised as faith.

If we believe that *God is love*, then that love must burn with justice. We cannot claim to love God while remaining silent before racism, exploitation, and systems that crush the poor. We cannot kneel before the Eucharist and then turn away from the hungry. We cannot call ourselves pro-life and yet be indifferent to the lives of immigrants, refugees, prisoners, or the dying. The love of Christ crucified leaves no room for apathy. It demands that we speak truth to power, that we lift up the broken, that we place ourselves on the margins where He dwells. The Eucharist is not a comfort for the complacent; it is a commission for the courageous.

So yes, faith without works is dead — because love without action isn't really love at all. If God is love, then every true act of love, no matter how small, is a participation in His own divine movement — the love that created, redeemed, and still holds the world together.

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