

We can open our hearts to life by loving one another and valuing the life God has given to us. Opening our hearts can happen in so many different ways. A young woman opens her heart to life, and love, and carries her baby to term, knowing she would have to give it to a loving home. That baby was adopted, raised, and becomes my father. It is in acts of selflessness like this that we truly see how we can open our hearts to life.

Opening your hearts to life is something all of us can do on a constant basis, from caring for someone who has no role model or support, to stopping others from disrespecting the gift of life. In schools, bullying is a problem, and is in direct conflict with the idea of loving one another and the lives that we are given. By opening up our hearts to life, and trying to stop bullying, we are helping recognize that other people matter to us, and that we care for the lives of others besides ourselves. When one or two kids are singled out because they weren't as athletic, or charismatic as others, this can lead to ostracism and bullying. We can help by opening our hearts to them and offering them a chance to be included in our friend group. It is especially vital that the pressures of our friends or peers don't change our ideals in the face of conflict and when we have an opportunity to help someone else. Having reached out, and befriended some of my peers who were ridiculed by others, I can genuinely say that they are some of my best friends to this day.

Being thoughtful and looking out for one another are examples of how we can open our hearts to each other and to life. Sometimes making a profound difference in someone's life can be very simple, and sometimes it can be very difficult, but it is crucial to persevere and maintain our love for each other. Being respectful of and embracing God's gift of life requires a constant vigilance to be on the lookout for those who are in need, and being proactive about not turning our backs on those who don't have the same respect for life. Opening our hearts to life is a matter of opening our hearts to each other, and God's love.