In the midst of the Gospels, there is a figure who appears wrapped in a special light—discreet yet deeply meaningful: the “disciple whom Jesus loved.” The Church’s tradition has consistently identified this disciple as **Saint John the Evangelist**, the youngest of the Twelve, the contemplative one, the privileged witness of divine love.

But why him? Did Jesus love John more than the others? Or are we facing a deeper mystery—one that carries a spiritual teaching that transcends the centuries and speaks directly to us today?

This article seeks not only to answer these questions, but to help you discover that this “beloved disciple”… you are called to become him.

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1. The “Beloved Disciple” in the Gospel: An Identity Wrapped in Mystery

The Gospel according to John does not explicitly mention his name in key moments, but instead uses an expression filled with intimacy:

> *“One of his disciples, whom Jesus loved, was reclining at table close to Jesus” (Jn 13:23)*

He appears in decisive scenes:

- At the Last Supper, leaning on Christ’s chest
- At the foot of the Cross, beside the Virgin Mary
- At the empty tomb, being the first to believe
- On the shore of the lake after the Resurrection

The Church has seen in these passages clear evidence: this disciple is Saint John, son of Zebedee, brother of James.

But what matters is not only his historical identity… but his spiritual meaning.

2. Did Jesus Have “Favorites”? An Essential Theological Key

At first glance, it might seem that Jesus had favorites. However, this would be a superficial interpretation.

From a theological perspective, we must affirm clearly:

 Christ loves everyone with a perfect, total, and universal love.

So why does John appear as the “beloved”?

The answer lies in a fundamental distinction:

- **God loves everyone equally in dignity**
- **But each person responds differently to that love**

Saint John is not the most loved because Jesus loves him more…
 but because **he allows himself to be loved more deeply**.

Here we find a spiritual truth of enormous importance:

> ***Holiness does not consist in being more loved, but in receiving God’s love more fully.***

3. John: The Disciple of Intimacy

Saint John represents something unique among the apostles: a **deep interior life**.

While others stand out for their action (like Saint Peter) or for their mission (like Saint Paul), John stands out for his **contemplation**.

Three moments reveal this intimacy:

✦ Reclining on Christ’s Chest

This is not merely a physical gesture. It is a profoundly powerful theological image:

 John listens to the heartbeat of God.

This symbolizes **contemplative life**, affective closeness, and total trust.

✦ At the Foot of the Cross

When almost everyone else flees, John remains.

> *“When Jesus saw his mother and the disciple whom he loved standing nearby, he said…” (Jn 19:26)*

Here something decisive happens:

 John receives Mary as his Mother.

This is no coincidence. The beloved disciple is also the one who **fully receives Christ’s gifts**, even in suffering.

✦ The First to Believe

At the empty tomb:

> *“He saw and believed” (Jn 20:8)*

Even before fully understanding, John believes.

 His love gives him a **spiritual intuition** that goes beyond reason.

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4. The Key of Love: “God Is Love”

Let us not forget that this same John writes:

> *“God is love” (1 Jn 4:8)*

This statement is not theoretical—it is the fruit of experience.

John did not only know Jesus…
 he experienced His love in the deepest part of his soul.

That is why his Gospel is different:

- More symbolic
- More theological
- More intimate

It is the Gospel of the heart.

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5. Relevance Today: In a World Without Intimacy, John Is More Relevant Than Ever

We live in an age of noise, hurry, and superficiality:

- Fast relationships
- Weak or routine faith
- Lack of interior silence

In this context, Saint John gives us an urgent message:

 It is not enough to “know about God.” We must live in His love.

The beloved disciple reminds us that:

- Faith is not just about following rules
- It is not merely tradition or culture
- It is a **living, personal, intimate relationship with Christ**

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6. Practical Applications: How to Become a “Beloved Disciple” Today

This is the key point. Because this article is not only about John…
 it is about you.

How can you live this in your daily life?

✔ 1. Cultivate Silent Prayer

Do not just pray… **remain**.

- Turn off the noise
- Stay in silence before God
- Spiritually “recline” on His heart

✔ 2. Remain at the Cross

Do not run away from suffering.

John did not understand everything… but he remained.

 In your difficulties, stay with Christ.

✔ 3. Receive Mary as Your Mother

Like John, welcome the Virgin Mary into your life.

- Pray the Rosary
- Trust in her intercession
- Let yourself be guided by her tenderness

✔ 4. Believe Before Understanding

Faith is not always immediately logical.

 Sometimes you must take the step… and then understand.

✔ 5. Live from Love

Make this phrase your life program:

> *“God is love”*

- In your family
- In your work
- In your decisions

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7. A Transformative Conclusion: You Too Are the Beloved Disciple

The Gospel of John contains a beautiful detail: it never mentions his name in those scenes.

A coincidence?

Many Church Fathers interpret it this way:

 So that you can place yourself in his position.

The “beloved disciple” is not only John.
It is everyone who:

- Remains with Christ
- Allows themselves to be loved by Him
- Lives in His intimacy

Closing: A Personal Invitation

Christ still looks today as He looked at John.

He does not seek the most capable…
nor the most perfect…

 He seeks those who **want to love and be loved**.

The real question is not:

 “Why was John the beloved disciple?”

But:

 “Am I willing to become one?”