

8TH SUNDAY O.T YEAR A.

The message for us in today's gospel is that we need to avoid unnecessary worry.

Jesus tells us that we should put our trust in the love and providence of a merciful God and then live each day of our lives as they come, doing God's will and realizing his presence within us and others.

Sometimes when we hear what Jesus has to say it is of course very easy to comprehend, but difficult to put into practice. Today's message is one of those, it's very difficult for us to remove worry from our lives, isn't it, for some almost impossible.

We worry when we don't seem to have enough money. Even those with plenty worry that they don't have enough. We worry about our health & the health and welfare of our loved ones, we worry about the security of all sorts of things in our lives.

But Jesus knows the importance of not worrying.

Worry can rob us of faith, because it indicates an absence of trust in our lives and it saps our energy for doing good.

Doctors agree that worry brings stress which can be responsible for many illnesses, so worry can be counter productive for our health.

We need the ability to discern between worry and concern, for instance in the case of sickness our concern should lead us to pray and seek Gods healing love, trusting in his providence.

As we deal with our daily concerns let us turn to Jesus as he tells us not to worry about tomorrow, each day has enough trouble of its own.

It's important to plan ahead, every wise organization does that; we as a parish make plans for the future (we had a successful workshop yesterday on this very topic).

Individuals also should have plans in place.

However when it leads to worrying about the future Jesus warns us that such worry is futile because it denies us the resources God gives us for daily living.

The message today is that we should live life one day at a time placing our trust in God's loving presence in our lives.

Prayer is our connecting rod. In Thessalonica's Paul said "pray continually" Our approach to this is that we start each day with a prayer, we take every opportunity to pray.

Walking, driving, doing chores are all opportunities. Apart from this we should set aside some special time each day for prayer & meditation. In this way we will live well realizing His presence with and within us and with every one we meet.

It's a matter of trust, is it not, In John's gospel Jesus said "trust in God still and trust in me"

May our trust never waver.

