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-- Are you tired of this winter...? I'd guess most of you would say you are. I certainly would. On the other hand, worrying about the next few weeks' weather isn't going to do a thing to change it.

-- It's easy to worry about a lot of things. A high percentage of emergency room visits in our country are partially due to tensions arising from worry—worry which results in physical symptoms.

-- Even our children are more apt to worry about, eg., whether they have what other kids have. Sometimes, they are driven into competitive sports at too young of an age and forget to have fun.

-- In Jesus' day, most worries were about fundamental things. People lived a hand-to-mouth existence; they usually couldn't save money. They were concerned about basic food and shelter.

-- It's still that way in many areas of the world. Pope Francis is more aware of it because he's lived close to people in that situation.

-- Yet, Jesus tells these people not to be overly worried, even about the essentials in life. Of course, he didn't expect people to quit working or not be concerned about their children. He had been a working man himself and knew what it was like.

-- But he also knew that excessive worry about all the things of this world is like worrying about the weather. All that worry will not change things. Sure, we make our best efforts to provide for the basic needs of ourselves and our families.

-- In the end, though, it is God who provides. And God doesn't let us down. The prophet told the people of Israel in exile that God would never forget them. Psalmist: Only in God is my soul at rest.

-- A prison chaplain once told a true story about a man sentenced to life in prison. At first, all his friends came to visit him. After a while, they quit coming, and his only visitor was his mother.

Finally, after about 10 years, she no longer visited him.

- God is someone who would continue to visit even after that mother gave up. God does not give up on us, even when everything else is falling apart and everyone deserts us.
- Yes, we constantly receive messages on TV and other media about those things we supposedly need in life. We are told this or that new invention will make us happy.
- Some of those things are nice to have, as long as we do not regard them as essential. Once we put our faith in them...or worry when we can't have those things...we get off track.
- God knows what we really need in life. If we make the things of God a priority, we may still have some concern about providing for our families. We may still want to take steps to make sure our jobs are secure.
- But we won't have excessive anxiety over all these things, whether we have some control over them, or whether they are things we simply can't control, like the weather.
- A number of years ago, a young priest received some good advice from an old nun once when he made a retreat. He was worried about many things. The nun told him, *Fear not, you are inadequate.*
- That's good advice for all of us. On our own, we are all inadequate. We simply can't do everything to meet our needs.
- But if we rely on God, we should not worry. God is more than adequate... God is our very life!