

LIVING LIFE ONE DAY AT A TIME

We are an anxious generation, excelling in the dubious art of “making mountains out of molehills.” Yes, worry, anxiety and fear occupy a large percentage of our time. We worry about our finances, our jobs and our health. Thoughts of our material possessions cause us great anguish, and the prospect of growing old frightens some of us to death!

For Christians, however, excessive worry must be viewed as a definite weakness in our Faith. We are calle upon to place our trust in the Lord and to obediently and willingly accept whatever comes our way each day. In His Sermon on the Mount, our Lord reminds us how pointless it is to worry “Which of you, by worrying, can add a single cubit to his stature?” (Matthew 6:27) He is quick to point out that our Heavenly Father knows our needs, and He chides us for doubting His ability to take care of them. Christ also provides us with this timely advice: “Do not worry about tomorrow, for tomorrow will worry about it own things. Sufficient for the day is its own trouble.” (Matthew 6:34)

Are we people of FEAR or of FAITH? In all of life’s difficult moments, we are reminded that Christ is there to strengthen us in our weakness. We must also remember St. Paul’s wonderful word of comfort: “God will not allow you to be tested above your powers, but when the test comes, He will provide you with a way out by enabling you to sustain it.” (I Cor. 10:13) May we all “*seek first the Kingdom of Heaven.*” If we do, all of our concerns will vanish, for we will have everything that we could possibly want.