

I read a story in the facebook. It's extremely simple, but incredibly powerful at the same time. A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she asked: "How heavy is this glass of water?" Answers ranged from 8 oz. to 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes." She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And, if you think about them all day long, you will feel paralyzed – incapable of doing anything." So, remember to put the glass down.

No one is without worries in life. Everyone has his/her own worries and difficulties and they may differ from person to person, according the age, gender and status. People worry about basic needs of life, children, family, jobs, economical crisis, debts, sickness..etc. Worry occurs when we assume responsibility for things that are outside our control. Our worry is the most unproductive of all human activities. Worry and faith just don't mix because worry is the most notorious killer of our faith. It constantly drains the energy God gives us to face daily problems and to fulfill our many responsibilities. It is therefore a sinful waste. "It never robs tomorrow of its sorrow; it only saps today of its joy." The readings of today's liturgy tell us not to worry but trust in God. In the First Reading the Prophet Isaiah presents the feeling of the Israelite people who are in exile that God has forgotten them. We see God under the tender image of a mother, and the people of God under the image of a nursing infant. "How can a mother forget her child ?. Even she may forget her child but I will not forget you, says the Lord." God's love is ever greater than that of a mother for her child. God has always been faithful to His chosen people; He would never forget them, nor forsake them but we are to trust God even when the days are darkest. In the Second Reading St. Paul teaches us to put our trust not so much in human judgments, and not even in our own judgment, but in the Lord's judgment.

In the Gospel, Jesus says, "do not worry about your life, what you will eat or drink, or about your body, what you will wear. Can any of you by worrying add a single moment to your life-span?". He reminds us that we are all God's children. With tender and enduring love, our heavenly Father really cares for us. He provides for all our needs. Many times we may be tempted to consider ourselves abandoned by God, that He does not care for us, He does not listen to our prayers. But by describing the motherly love and care of God for us, Jesus gives us the hope and urges us not to worry, because the heavenly Father who takes care of the lilies of the field and the birds of the air also takes care of us, because we are worth much more than the birds of the air and the lilies of the field. To experience the divine providence of God, Jesus says: "Seek first the kingdom of God and his righteousness, and all these things shall be added to you." We must therefore put the demands of God first in our lives. When we know the providence and protection of God for us, there will be

no more space for our worries and preoccupations. This complete trust in the divine providence does not dispense man from the commitment to the things of the earth. The words we have heard are not an invitation to laziness and to wait that Providence rains from heaven without our cooperation. When we have our commitments and trust are sincere, then we have the divine help. St. Maximilian Kolbe used to teach "we need to be occupied and not preoccupied." The book of Deuteronomy 31:6 says, " Be strong and steadfast; have no fear, for it is the LORD, your God, who marches with you; he will never fail you or forsake you. " In Isaiah 46:4 God he says " Until your old age I shall be the same, until your hair is grey I shall carry you. As I have done, so I shall support you, I myself shall carry and shall save you." By worrying we cannot do anything. Let us leave our anxiety and preoccupation into the hands of God and increase our complete faith trust in God. The more we increase our confidence in God , the more God's help we receive.

By saying , "No one can serve two masters, God and wealth" Jesus is teaching us that we should never be slaves of the material things and become a worldly and a worrying people; but rather we should always put our trust in God's loving providence and seek the kingdom of God and his righteousness. It is all a matter of priorities. God has to come first. We get rid of worry by trusting that God will help us make everything turn out right. And once we have God as a priority and trust in Him, then He will help us through any difficulties we may have. The problem begins when money and the pursuit of money becomes an end in itself. Jesus is asking his disciples to reflect on what are our most basic values in our lives. We have to make a choice between the God's vision of life and a preoccupation with money and material possessions.

We are a worrying people; we are a weak people; we are people with fears and limitations; we all often fall and falter in our struggle and meet with disappointments. We need God to overcome all these. Without him we can do nothing and with him we can do anything. Even if in the worst situation we may be in, he can bring us out of it. There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One is Yesterday with all its mistakes and pains because we cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone forever. The other day we should not worry about is Tomorrow with all its possible adversities and burdens because it's beyond our immediate control. Jesus says "Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil." So let us, therefore, Live but one day at a time. Let us then put ourselves in God's hands and trust in his loving and care-taking providence. Let us bring all our worries & concerns, difficulties & problems, pains & sufferings, weaknesses & failures to God and offer them to him. It is he, who knows our minds & hearts, our needs & necessities – he will never disappoint us and will always do what is the best for each one of us.