

## **Eighth Sun A... Worry**

### **Introduction**

One of today's main messages from the SS readings is: trust God. Not an easy thing to do with so many things to worry about. Sometimes all of the Bad News that surrounds us only increases our worry. How often do we miss God's presence in our lives each day – we so worried? Can we trust God?

**Refrain... Rest in God alone, my soul.**

### **I A Difficult Gospel to Understand**

Today's Gospel speaks about so many worries people have.

Jesus challenges:

*Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothing... All these things the pagans seek. Your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be given you besides.*

Doesn't this sound unrealistic?

Or... is our worrying and fretting unrealistic?

We need to have money and have a job and a roof over our heads and education for our kids...

Of course we need that.

But is that all there is to life?

**Refrain... Rest in God alone, my soul.**

### **Baggage... A Tale of Two Brothers**

Two brothers journeyed down the road of life.

One trudged tired and worn.

He dragged a cart filled with luggage:

suitcases, boxes, and burdens of all sorts.

He was drenched in sweat and bent by the load.

He wore worry and sadness in lines on his face.

Sorrow weighed heavy and slowed every pace.

The other brother had no cart –

no burden to drag along.

His hands were free and so was he – to laugh, dance and sing.

He greeted people with a smile and offered a helping hand.  
He walked along with childlike awe and drank in every scene.  
He learned of things new and old – discoveries around every turn. He grew  
in skill and ability from challenges that he faced.  
All-in-all he walked the road with joy and peace and grace.

What luggage did the first brother drag?

- The first brother carried a heavy load of worries. How would he survive? How would he pay his bills? Would he stay healthy? What about his kids and grandkids? How would he survive when he retired?
- The second brother seemed quite content. "I don't worry a lot about things I can't control," he said with a smile on his face. "All people have problems, just like me. I try to understand them, I do my best and I pray. There's nothing me and God can't handle."
- The first brother carried many other burdens in his luggage as he trod life's road... fears, prejudices, nagging self-doubts, critical attitudes, gossip, self-pity and selfishness...
- The second brother trusted God and God's love for him, tried not to judge people's hearts, didn't pass on gossip, and recognized God's many blessings in his life – for which he was grateful... he tried to reach out a helping hand to others when he could... Not too much baggage there.

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## **II Ego Inflation**

Our culture tends to be very self- centered, much focused on ourselves...  
my job, my kids, my grandkids, my health, my looks...

These concerns are all important...

but when they take up the majority of our time,

when we are focused on them,

obsessed about them,

fearful and fretful...

is this how a disciple of Jesus should live?

Do we really think that we can be in control all of the time...

do we have to be in control all of the time?

Do we have to have it our way all of the time?

Our plans, our goals, our way of doing things?

Is our life just about us?

I might describe that as ego-inflation.  
We really think that we are the captain of the ship...  
we *need* to be the captain of the ship.  
But what happens?  
Life doesn't go our way.  
People don't want to do it our way.  
We run into some serious challenges –  
perhaps lose our job or our home...  
Then what happens?  
We develop a whole lot of heavy luggage we carry around.  
We get angry and resentful...  
or we get paralyzed by fear and worry.  
How will we survive?

What does Jesus say? *Even the pagans are like that.*

**Refrain... Rest in God alone, my soul.**

### **III AA**

Over the past 30 years I have been privileged to work with recovering alcoholics in AA.

Many times these are people whose lives were in chaos.  
Many had lost their jobs, their family, their home...

They come into AA and the first thing they learn is that they are not in charge.  
Their lives are unmanageable.  
They learn that they have to turn their wills and lives over to the care of God.  
They learn to trust God and try to do it God's way...  
to live without booze, to live virtuous lives, and to reach out to help others.  
They recognize the necessity of daily prayer in their lives.

People in AA begin to realize that God works thru the AA Program and thru the men and women in AA.

They come to realize that life is not just about them.  
It's about God and how they can bring their lives into line with God's will and God's ways.

Is this easy? No... of course not.  
They still carry burdens of worry and regrets...  
But in AA they learn to turn life over to God...  
They are not God.  
They learn to live soberly and serenely,  
a new way of living,  
a new way of thinking,  
a new way of praying...

They learn to live lives of service,  
concerned about others and not just about themselves.  
I can sincerely and truthfully say that I have met a lot of men and women in  
AA whose lives have been saved...

**Refrain... Rest in God alone, my soul.**

**Conclusion...**

Can we trust God?  
Or will we carry the heave baggage of worry around with us?  
Today's Gospel challenges us not to center our lives just around ourselves,  
but to center our lives around God and around Jesus.  
We try to do the best we can.  
We try to develop our talents (Mathew 25).  
We try to reach out to help others when we can (Mathew 25).  
We realize that ultimately God is in charge, and God loves us and is on our  
side.  
As we continue with this Mass we offer ourselves to our loving God together  
with Jesus.  
We remember Jesus' deep and abiding love for us, love that was poured out  
upon the Cross.  
We invite Jesus into our hearts at Communion...he wants so much to be with  
us...  
Tell Jesus you love him. Listen to Jesus' love for you.  
And trust Him... trust Him.  
Amen.