

## Turn Worry In To Gratitude and Prayer

Eighth Week of Ordinary Time – February 26, 2017 – Matthew 6: 24-24

Most of us have some degree of worry every day. It might be a project we are finishing at work. Maybe we have tests or a paper due at school. It can be as simple as worrying about what are we having for dinner and whether there will be enough time to make it and eat it before the next demand on our time. Maybe you are worried about a broken relationship that you know you will never get back. Jesus places the conversation on worry in the context of Divine Providence. In doing so, he lays out a Divine practice for us to follow.

**“Jesus said to his disciples: No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon.”**

Scripture scholars are quick to point out that Jesus is not telling us to shirk our responsibilities to provide for our family, the world. What Jesus is saying is that the things we have, the money we make, the food we put on the table and the things we give away comes first from God, not from us. We have a part to play in the order of this relationship. We are called to be responsible. We are called to be stewards of all God’s gifts to us in this life.


Jesus’ explanation about this relationship says, **“Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them.”**

What we are called to do this week is to recognize God is the midst of it all. We are called to wake up every morning with gratitude on our lips and say THANK YOU to the Divine source of our abundance. When we do this it is a little easier to remember and recognize that many of our brothers and sisters around the world (even some in Lisbon, Mount Vernon and Springville) worry about their basic needs such as food, clean water, shelter, clothing and education for their children.

Jesus is telling us to look around, to get our heads up out of our cell phones, to slow the blur of life and to look to nature to lead us to this truth. **“Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendor was clothed like one of them.”**

In setting up a daily practice of gratitude and a daily practice of taking inventory of the natural world and all the gifts we have, we then will be able to respond first to God in praise. We will then have the grace, from God, to respond to those who need our help with the same generosity we have received from God. Turn worry into gratitude and prayer. Let God work within you to dispel worry and increase our belief and faith in God...Father, Son and Holy Spirit.

Blessings!

  
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