

We all have worries.....some great....some small. Many of our worries revolve around health, family and friends; finances, faith and employment; our reputation, community and world needs. Jesus knew the human condition. He knew how we are. So, in the Gospel he speaks words of challenge and encouragement. In one translation Jesus says: “Be on guard that your hearts are not weighed down with the worries of this life.”

Worrying robs us of the joy and pleasure of living. Worrying takes away the delights of the day. Worrying blocks us from living in the present.

Jesus wants us to receive the gifts and blessings of each moment of each day. That’s why he wants us to BE ALERT....to STAY AWAKE.....to BE ON GUARD.

Someone once said: “Worrying is like rocking in a rocking chair. It gives you something to do, but you don’t get anywhere.”

The next 25 days will be busy, hectic, full and short in terms of daylight. There’s lots of pressure we may be feeling. Worries may flood us. Let’s see if we can truly hear and act on Jesus’ words: “Be on guard that your hearts are not weighed down with the worries of this life.”

My sisters and brothers, this week I invite us to do the following: Hand over <sup>one</sup> worry to the Lord each day. Let the Lord know what worries are stirring and weighing us down. When we do this, we make room inside us for whatever touches us in our Advent Blue Book.

After <sup>we</sup> hand over <sup>one</sup> worry to the Lord, spend 6 minutes each day with the Blue Book. Grow in faith by letting go of worries. Be aware that Christ is with us.