

For Encouragement and Hope

Anxiety and worry seem to be part of life in these stressful days. We all experience anxiety and worry at different times and about different situations. We have concerns for our families, our husbands, wives, children and grandchildren. We worry about the health of elderly parents and other loved ones. We have concern too for our own health and well-being. We are troubled over job stability, finances, and general safety. Anxiety and worry can disturb the inner peace of our hearts, minds, and souls.

May I recommend that you express your anxiety and worry to God in prayer. May God's Word, in these passages from sacred scripture, be a source of strength and consolation:

"Brothers and sisters: Have no anxiety at all, but in everything, make your petitions known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." (St. Paul, Letter to Philippians)

"Be not afraid." (Jesus, Gospel of John)

"I am with you always" (Jesus, Gospel of Matthew)

"I command you: be firm and steadfast! Do not fear nor be dismayed, for the Lord, your God, is with you wherever you go." (Book of Joshua)

"The Lord is my light and my salvation; whom should I fear? The Lord is my life's refuge; of whom should I be afraid? (Psalm 27)

"I will call upon God, and the Lord will save me. In the evening, and at dawn, and at noon, I will grieve and moan, and he will hear my voice." (Psalm 55)

"Anxiety in a man's heart depresses it, but a kindly word makes it glad." (Proverbs)

"I can do all things in him who strengthens me." (St. Paul, Letter to the Philippians)

"Therefore I tell you, do not be anxious about your life...And which of you being anxious can add one cubit to his life span...Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day. (Jesus, the Gospel according to Matthew)

"For though the fig tree blossom not nor fruit be on the vines, though the yield of olives fail and the terraces produce no nourishment, though the flocks disappear from the fold and there be no heard in the stalls, yet will I rejoice in the Lord and exult in my saving God. God, my Lord, is my strength; he makes my feet swift as those of hinds and enables me to go upon the heights. (Book of the Prophet Habakkuk)

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