

June 21, 2025

Daily Reflections



FROM WORRY TO TRUSTING IN GOD'S CARE

By Sister Jeanne Fallon, CSJ

An Excerpt from Today's Gospel

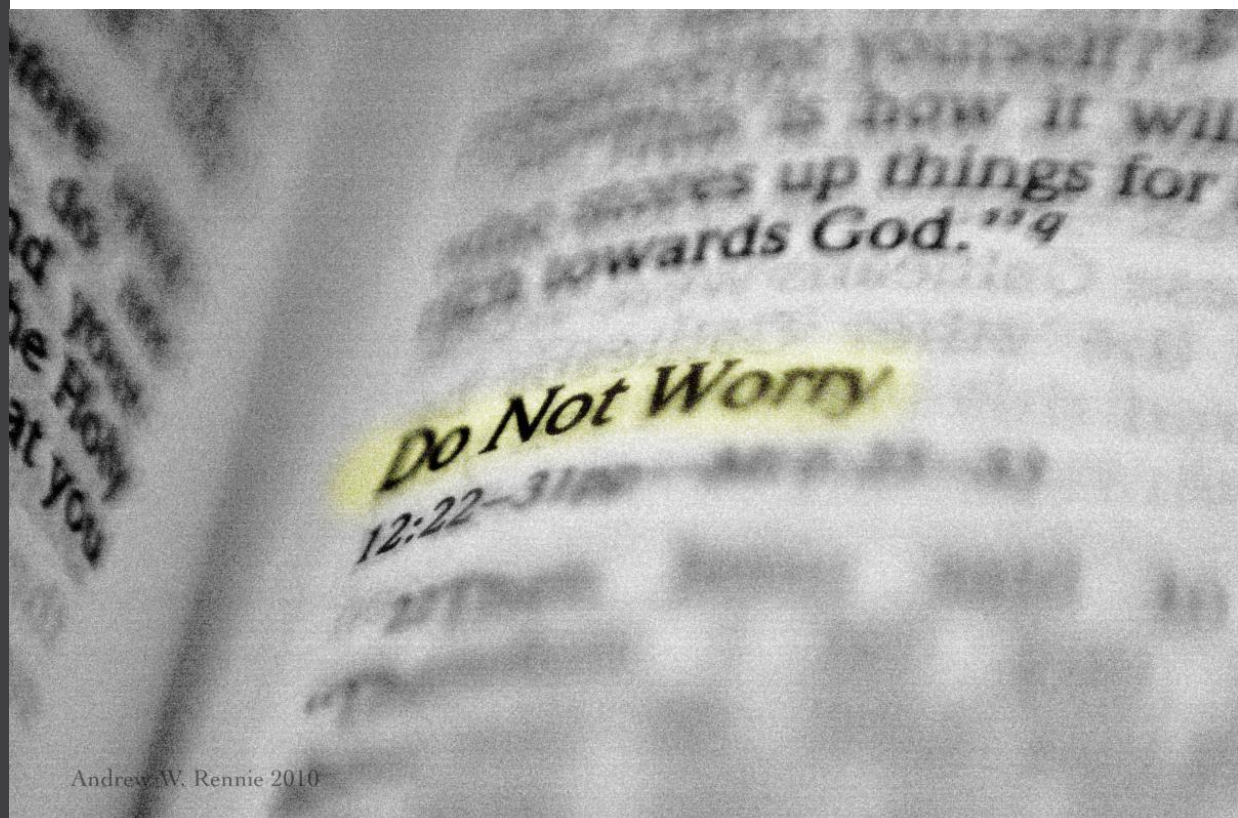
Jesus said to his disciples: "Do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they? Can any of you by worrying add a single moment to your lifespan? Why are you anxious about clothes? 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. If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith?"

MATTHEW 6:25-30

Reflection

When I first saw this scriptural passage, I remembered the times I have found such peace and delight in observing small living creatures; flowering plants bursting in color; the fingers of the wind passing through leaves of the trees; the flight patterns of pelicans, as well as listening to the singing of birds so tiny that they are camouflaged by the foliage in the trees.

In the passage above, Jesus was speaking to his disciples, telling them not to worry about their lives, about food and clothing, because, just as God provides for the creatures of the earth, these disciples are worth so much more, and God will surely care for them in their need. Jesus is inviting them to not allow a cloud of worry to burden them and cause them to feel troubled over the thought that something terrible might happen to them. Jesus is telling the disciples, and us, to trust in our loving God who cares tenderly for each one. When threats arise around us, it is very difficult to trust in God's constant care. I am so aware that there are many living in fear and worry for their families because of loss of work or proper "papers" to prove their desire to live and work here as contributing members of the community. Let us hold them in prayer and find ways to assist the "dear neighbor" in their time of great need. Let us trust in God's love to show us all how to alleviate the pain of our sisters and brothers.



Andrew W. Rennie 2010

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A Prayer to God My Strength

In God alone be at rest, my soul; from God comes my hope.

God alone is my rock, my stronghold, my fortress; I stand firm.

In God is my safety and glory, the rock of my strength.

Take refuge in God, all you people, trusting always.

Pour out your hearts to the Lord for God is our refuge.

PSALM 62:6-8 (Grail Translation)

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