

Daily Reflections



Center for Spiritual Development

FEAR NOT!

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

"Therefore, do not be afraid of them. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my Heavenly Father."

MATTHEW 10:26-33

Reflection

This reading from Matthew is one that usually gives me pause because it begs the question, “of what am I afraid” if I’ve found my home in the Lord? As I reflect on this question, my answer is not so simple. Our Triune God is mystery; and yet, we are each invited to intimacy with God. Am I afraid of this intimacy? If I answer truthfully, sometimes the answer is “yes.”

When I seek to deepen my relationship with the Beloved, I take to heart the words “to whom has been given much, much will be expected.” The love I receive from God is a love to be shared and poured out with and for others; it is not mine to hoard! To grow in intimacy in the Lord means I must respond to this love through the very essence and being of my life.

When I read the sentence, “What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops,” I’m reminded that my faith calls me into action; I cannot remain and stay cocooned in the dwelling where I meet my Beloved. This intimacy gives me the energy and fortitude to live my life in such a way that attests to the tenets of my faith and the inner knowing of who God is calling me to be in life.

Fear Not!

Fear not, O heart that falters and turns from the God who beckons. Remember that you are powerfully and wonderfully made, created in God’s own image and likeness.

Let us open wide the harbors of our being, where God’s gentle waves call us to the shoreline of our encounters with the sacred. May the love we experience be the fuel that propels us into the world of life and love.

Fear not, O child of God. May the words of love found in scriptures inspire us to rise above our misgivings and proclaim from the rooftops of our being, that our God is a God who desires an ever-deepening relationship with all his creatures.



Image by Gerd Altmann

For Pondering

- How are you impacted by the words “Do not be afraid”? What or whom do you fear? How might the God who knows every hair on your head assure you that can set aside your fear and lean into the One who created and loves you unconditionally?
 - How might you be a presence to those in your life who are experiencing fear -- real or imagined? How might you bring the healing presence of the Lord to these people? What might you offer from your own experiences that can bring light into this darkness?
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For Prayer

*O God who urges us not to remain in fear and darkness,
let us remember we are people of the light.
Let our lives shine forth as beacons to those who have lost their way
and allowed fear to rule their lives.
May we call upon your grace to be a reconciling presence in our world
where fear finds no home.
Amen.*

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