

September 13, 2025

Daily Reflections



WHAT ARE WE TO FEAR?

By Sister Bernadette Inocencio, CSJ

Memorial of Saint John Chrysostom

Today is the feast day of St. John Chrysostom, who was the Archbishop of Constantinople in the 5th century C.E. Here is an excerpt from one of his homilies:

The waters have risen, and severe storms are upon us, but we do not fear drowning, for we stand firmly upon a rock. Let the sea rage, it cannot break the rock. Let the waves rise, they cannot sink the boat of Jesus. ***What are we to fear? Death? Life to me means Christ, and death is gain. Exile?*** The earth and its fullness belong to the Lord. ***The confiscation of goods?*** We brought nothing into this world, and we shall surely take nothing from it. ***I have only contempt for the world's threats; I find its blessings laughable.*** I have no fear of poverty, no desire for wealth. I am not afraid of death nor do I long to live, except for your good. I concentrate therefore on the present situation, and I urge you, my friends, to have confidence.

Do you not hear the Lord saying: Where two or three are gathered in my name, there am I in their midst? Will he be absent, then, when so many people united in love are gathered together? I have his promise; I am surely not going to rely on my own strength! ***I have what he has written***; that is my staff, my security, my peaceful harbor. ***Let the world be in upheaval. I hold to his promise and read his message; that is my protecting wall and garrison.*** What message? Know that I am with you always, until the end of the world!

If Christ is with me, whom shall I fear? Though the waves and the sea and the anger of princes are roused against me, they are less to me than a spider's web.



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For Pondering

- Ponder on the words of St. John Chrysostom. You may also read [today's readings](#). What words strike you? Write them down. What do those words mean to you? Why?
 - What do you fear? Why?
 - For John, the message was that God was his protecting wall and garrison. What is God's message to you?
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For Prayer

*O God you are my firm foundation.
Hold my hand, God, in every situation.
Strengthen me, instruct me.
Grant me tenacity.
Fill my heart with love for you
That I may never waver
Until the day I live with you forever.
Amen.*

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