

Our Lord knows what He's doing. He commends, **Don't be anxious about your life.** What about your future, your family? There's point missed in our English translation. He says, **sufficient for the day is its own troubles.** The word translated "troubles" is actually the word for evil or wickedness. This is not just minor inconveniences and your 1st world complaints. Jesus commends in a plea, for comfort, in strength for you as you endure. That each day has evil and wickedness, threats and murder, injustice, terror, wars, immorality, betrayals, vain politics. And what of your work and home? You have unrelenting barrage of things to contend -nevertheless He is the Lord of history; the history of Israel and the Church is our history and the best indicator of God's future behavior is His past behavior.

We often wonder why certain evils are allowed to happen? Why certain men die. Why He allows things to happen in our country, even in our lives. God help us realize evermore His promise -even if we don't see or understand- He always work a greater good. Why evil, suffering, why such things even happened in your life? That He can work a greater good for you. Our Lord knows what He's doing, ever working in mercy.

Do not be anxious. Do not worry. All we're doing is suffering in our imaginations; refusing to trust God and His promises. Jesus warns, recognize the danger: worry, anxiety; rob you of contentment, security, safety you have from your heavenly Father. And it brings coveting, idolatry in money and things, then comes pride, thinking success is owed you; that you're more deserving of good things and money than others; you're better than the sinners and tax collectors. How easy we ruin the gifts, the joy God gives.

And all the time you spend with screens doesn't help the warning **not to worry, be anxious.** Media works to scandalize you, breaking news, existential threats, to get to stay tuned, click and click on stories. Long gone are the morning newspaper read; Walther Cronkite, hour a day of real news reporting, now you're in a 24-cycle that works to keep you traumatized, they manipulate you far more than you realize. It works well. You'll do well, better off to cut your screentime in half.

Anxiety is a terrible thing. There is an answer. Look around you, our culture, your neighbors are the most depressed, lost, suicidal, lonely, isolated, confused generation in history. Especially among the young. No one is immune, even Christians, even you, but there's an answer, a perfect solution to problem of mankind. Industries are built to try to fix this; most people turn inward to solve anxiety. We're all tempted to look to ourselves or things to overcome anxiety, whether through drugs or alcohol, escape of entertainment, by depending on money. How often you think that enough money or possessions will fix everything. That's idolatry. Satan, his minions work to manipulate the world, people more than you realize. Anxiety is a terrible thing and the eternal answer, a perfect solution is Christ, His Word.

Jesus hammers us all- **O you of little faith!** Our faith is weak, we trust ourselves. We cling to things of this world and pleasures to satisfy which never can. Repent. **You of little faith,** a gentle rebuke but more an invitation. An invitation to strengthen faith, as St. Paul writes, **Faith comes by hearing, hearing through the Word of Christ.** How you deal with anxiety? Listening to Jesus, His living active Word -preached to you, pray it, speak it, learn it, think it, be shaped by this Word -truly therapeutic, in a supernatural, divine way.

Jesus tells us -look around, notice the goodness in creation, its beauty, consider lilies. These lilies aren't a garden; they're wildflowers on hills of Jerusalem. The closest correspondence in our world may be dandelions. Nobody planned them, no one works the field but all of a sudden they're there. Moments in life, by God's grace, we're struck, recognize God cares about beauty, gives goodness in this world. Even more, what are you worth to Him than dandelions, birds that He won't take care of you.

When our Lord directed the attention of His disciples to sparrows and lilies, consider how much worse for them. They lived in an occupied country. They're poor. Imagine often having nothing to eat. I don't mean not wanting to eat the can of creamed corn and tomato soup in your cupboard -not having a cupboard. Most people not living much past the age of 50; half your children dying by age 5. Romans may drag off your teenage sons to fight in their wars. In the midst Jesus says, **do not worry, I take care of sparrows, I'll take care of you.**

About what then, shall we worry? Nothing. For all things pale next to this reality: God loves you in Christ, promises to remove you from this valley of sorrows and bring you to Himself in heaven. So what if the economy worsens, sure your family has problems, so be it if your body's not as good as it used to be or you can't fit into your wedding dress, or there's no good news out there. God knows what He is doing. He knows what you need, knows what you don't need. What truly matters: Jesus died, rose and reigns and you are His. And you have a Father who works for your good. Do not worry about your past. It's forgiven. Satan tries to haunt you with your past. Christ left nothing unpaid. Do not worry about the future, what may go wrong. He will take care of that as well.

The Lord comforts you with a promise: **Your heavenly Father knows you need all these things.** Our Lord bids you **seek first His Kingdom, His righteousness.** It alone satisfies, endures forever. **Seek first the Kingdom, His righteousness.** A call to faith as you strive to live Christians. Jesus isn't dismissing that you bear burdens and crosses, but where you find an answer to them all.

God has given you: your Church, your spouse, your family, your community, country. He could've given these things to other people but He gave them to you on purpose, at this time. That you'd be stewards for this. They're not perfect but you have a duty. Live right now in the grace He gives, forgiveness of sins, a good baptismal life you have to live. Pay attention to the things that are in front of you. Something is better than nothing, the perfect is not the enemy of the good. Do not give into despair. Do not give into outrage culture. Do not live as the world lives -you know where that leads. You can confront evil. Stand up against evil, for He is with you. What can man do to you?

What you will eat? What you will drink? What you will wear? You know. You eat and drink of Him from His Altar, you wear His baptismal robe of righteousness. **You can't add one single hour to your life,** but yours a life that will not end. Everything of the world that you have, treasure will eventually belong to someone else, be in a landfill, fall apart, breakdown, leave you, die. He will not. His great love for you, given you gifts to cling to that will never be taken away. You are safe. In this troubled, evil day, comes our Lord's words of comfort. Consider flowers, birds. Your Father places immeasurable value on your life, so precious to Him. He knows, works what you need, all things of His kingdom are yours.