

Do Not Be Anxious About Today

Let us remember that we are in the holy presence of God.

Today's Voice

(Ralph Waldo Emerson)

Write it on your heart
that every day is the best day in the year.
He is rich who owns the day, and no one owns the day
who allows it to be invaded with fret and anxiety.

Finish every day and be done with it.
You have done what you could.
Some blunders and absurdities, no doubt crept in.
Forget them as soon as you can, tomorrow is a new day;
begin it well and serenely with too high a spirit
to be encumbered with your old nonsense.

This new day is too dear,
with its hopes and invitations,
to waste a moment on the yesterdays.

The Voice of Sacred Scripture

(Matthew 6: 25 – 31; 33)

[Jesus spoke these words to those around him:] Do not worry about your life and what you are to eat, nor about your body and how you are to clothe it. Surely life means more than food, and the body more than clothing! Look at the birds of the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, for all your worrying, add one single cubit to your span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his regalia was robed like one of these. Now if that is how God clothes the grass in the field which is there

today and thrown into the furnace tomorrow, will he not much more look after you, you of little faith? So do not worry; do not say, “What are we to eat? What are we to drink? How are we to be clothed? . . . Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and his righteousness, and all these things will be given you as well.

Our Founder’s Voice (from De La Salle’s Meditation for the Fourteenth Sunday after Pentecost)

In order to focus your attention only on how to make God reign in yourself and in the souls of those whom you instruct, it is important not to be taken up with the needs of your body, because these two kinds of things do not go well together at all; preoccupation with external things destroys in the soul the care for those that refer to God and his service.

This is why Jesus Christ, when he was entrusting the salvation of the world and the establishment of his kingdom on earth to his apostles, recommends in the same Gospel that they not be anxious, saying, What shall we eat? Or what shall we drink? Or what are we to wear? . . . To give them convincing proof of this he says, Look at the birds of the sky. They do not sow or reap, they gather nothing into barns. Consider also the lilies of the field. They do not work, neither do they spin; nevertheless, not even Solomon in all his glory was clothed like them.

Have you, then, so little faith as to fear that, if you accomplish your duty and devote yourselves entirely to bring about God’s reign in your hearts and in the hearts of others, God would allow you to lack something necessary for you to live and be clothed?

Quiet Time for Reflection
(Quiet Instrumental Music in the background)

Closing Prayer: A Prayer of Trust

(John Baptist de La Salle)

Stir up your trust in God's infinite goodness
and honor God
by leaving in God's hands the care of your person.
Be not troubled about the present
or disquieted about the future,
but be concerned only
about the moment you must now live.
Do not let anticipation of tomorrow
be a burden on the day that is passing.
What you lack in the evening
the morrow will bring you,
if you know how to hope in God.

***St. John Baptist de La Salle...Pray for us!
Live, Jesus, in our hearts...Forever!***