

LOOKING TO SUNDAY™

Sunday, February 27, 2011

This email, entitled Looking to Sunday™, focuses on the Gospel Reading for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

WORRY, WORRY!

We go to the doctor's office and we worry about what we will hear.

We invest money and we worry if we have made a wise decision.

We enroll our little children in school and we worry if they will be safe and make friends.

We send our teenagers off to college and we worry if they will get involved in sex, drugs and alcohol.

We watch our elderly parents get frailer by the day and we worry about their well-being and worry twice as much when they get behind the wheel.

We hear the latest job report and we worry whether we might end up on the unemployment line.

And if we are short of worries, all we need to do is watch cable news. We will then have reason to worry about Egypt, Libya, Iran, Iraq, Afghanistan, China, North Korea, war, terrorism, inflation, energy shortages, the ballooning federal deficit and state budgets that are out of balance.

Jesus addresses worries in this Sunday's Gospel (Matthew 6:24-34) He says "do not worry about your life, what you will eat or drink, or about your body, what you will wear." In fact, he repeats that very same thing just a few verses later. "So do not worry and say, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear?'"

Jesus reminds us of what we often forget, "Can any of you by worrying add a single moment to your life-span?"

Obviously, the worries we have and that Jesus addresses relate to valid concerns. But we are not to let those worries and concerns be the priority in our life. We are to put our faith and trust in God and not in money or power or possessions. Those things cannot remove our worries. If that were the case, then the areas of our country with the highest per capita income would be filled with people without a care in the world.

Jesus tells us to "seek first the kingdom of God and his righteousness." Jesus tells us to put God first. As we pray in Psalm 62, that makes up this Sunday's Responsorial Psalm, "Rest in God alone, my soul. Only in God is my soul at rest; from him comes my salvation. He only is my rock and my salvation, my stronghold; I shall not be disturbed at all."

Be in the presence of God. Make time for God in your life. And your worries will be put in their proper perspective.

It means that Sunday should be devoted to "resting" in God. Being with God who reveals what is truly worth our worries. As a line from a well known hymn puts it, "Seek ye first the kingdom of God and his righteousness and all these things shall be added unto you, Allelu, Alleluia."
(Click here to hear the hymn <http://www.youtube.com/watch?v=xbAtSP-CFQg>)

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