

## Twenty-fifth Sunday after Pentecost

### *Confidence in God*

*"Why are you fearful, O you of little faith?" (Matt., 8:26)*

We read in today's Gospel that the apostles, caught in a storm on the Lake of Galilee, acted as men in their situation would naturally act. They were terrified, afraid that their boat would be capsized and they would be drowned. Yet, Our Lord reproved them for acting according to their natural inclinations. He willed that they should have a supernatural spirit of confidence in Him. They should have realised that He would assist them, even through the performance of a miracle, as the event proved when He stilled the tempest with a single word.

We, too, in the difficulties and trials of life should remember the words of Christ to *His* apostles: "Why are you fearful, O you of little faith?" No trial or danger ever comes into our life without the permission of Our Divine Lord. And if He allows these difficulties to come, He will give us the strength of soul to endure them bravely.

Some persons are always fearful and anxious. They anticipate all kinds of troubles and get themselves wrought up by the fear of sickness or death, the loss of their jobs, etc. In most cases the fear is exaggerated, and what is feared does not happen. If they had more trust in God, they would not allow themselves to get into this state of mind. They would calmly turn to Our Blessed Lord when some fear enters their soul, and ask Him to help them.

Sometimes people become the victims of fear to such an extent that they have to be treated by a psychiatrist. Even then, in many cases the treatment is unsuccessful, because the psychiatrist is incompetent or because the patients do not respond properly. If such persons only recalled the truth that Christ is ever ready to help them in their trials, they would usually not need a psychiatrist.

Our Lord did not promise that He would always take away our sorrows and trials. Suffering is a part of every life. But He did promise that in times of trial He will give us grace and strength and consolation. To obtain this help we must pray to Him, humbly and confidently in time of affliction, and we shall surely receive assistance.

### **Practical Application**

In times of fear and anxiety, put your trust in Our Divine Lord, and do not worry. Repeat the prayer of the apostles: "Lord, save us, we perish." Christ never rejects those who seek His assistance in their trials.