

# Reflections

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# 153 – February 01, 2014

## **Do not Worry or Be Anxious!**

Jesus reveals to us the face of God-the Father: his paternal love which is manifested in his Providence for each person.

We know the Father has a life- plan which is a plan of love for each one of his children, for each one of us. Through this Provident plan, He wants to lead us and take us to his Kingdom, to his paternal home. He not only created us, he also provides for us and guides all our steps.

And if He looks with care after insignificant creatures like “the birds in the air” and “the lillies of the field,” even when they do nothing – how much more care must He not have for these more dignified and preferred creatures which we are.

Therefore, Jesus exhorts us: Do not be anxious! Do not worry! But this does not impede our working, on the contrary: The Gospel motivates us to work. Christ praises the servant who, when his master comes, finds him busy (LK 12, 43). Christ does not want lazy people. He condemns, in the parable of the talents, the unfaithful servant for not having made his talent fruitful.

True faith has nothing to do with laziness, with passivity. The Christian has nothing to do with the fatalist. God has given us the ability to work. This is the first of his gifts, the first sign of his Providence.

Christ does not put us on guard against having an occupation, but against not having an occupation – nor against working, but against in tranquility. “*Do not worry saying: what will we eat, what will we drink, or what will we wear?*”

One must be concerned – reasonably – about these things, but without losing tranquility because in tranquility is precisely what paralyzes action, what impedes working as one should.

What Christ asks of us is the most natural thing in the world: confidence. It is confidence itself which here on earth the child gives to his parents, the husband to his wife, the student to his teacher.

What is indispensable in social relations, God the Father also expects of us: that we have confidence in Him.

If we are unsettled, anxious, nervous – it is probable that it occurs because we lack confidence in God. Fear paralyzes and makes effort ineffective. One works best when there is confidence.

God is with us in our life, at every moment, today and also tomorrow. Everyday we count on Him! Anxiety about tomorrow is detrimental for the work of today: “*Do not worry about tomorrow; tomorrow has enough worry of its own. Each day has its affliction.*”

Christ does not condemn foresight or savings. We have to know how to foresee things reasonably and we are obligated to save. But let us not demand total security because we will never have it. It is necessary to accept a certain necessary insecurity. We have to insure ourselves, but it is not possible to insure ourselves against everything. One must not seek the means to dispense with Providence.

Even with the children: we have to think about them, but we cannot protect them against Providence. We should not teach them that they can do without the Father. Of course, we have to love them, educate them well, teach them all we can, and give them the best possibilities for the future.

But, especially, we should teach them the joy and tranquility of having a Father in Heaven, and that – like we – they can place in Him their childlike confidence.

### **Questions for reflection**

1. Do we transmit tranquility and confidence to our children?
2. In their presence, do we complain about “the problems of life?”

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