

Don't Worry be Happy

Opening Prayer

Provident, loving God, protect and defend me in my weakness and guide me with your light.



We know Vincent was a good manager. He planned well, he took advice for wise people, he could see the 'bigger picture', he delegated tasks and responsibilities, and he was an excellent collaborator. His head-quarters at St Lazare were a relief centre for the refugees in Paris and a centre point for the aid to the war torn areas. One evening when he arrived home the Bursar timidly approached him and told him there was no money left in the bank. Vincent replied "That's good news. Now we show we can trust in God."

A man of the Gospel, Vincent was making concrete the teaching of the gospel.

Words of Scripture

St Matthew: 6 v25;27;34

"That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Can any of you, however much you worry, add one single day to your span of life? Your heavenly Father knows what you need. Do not worry about tomorrow, tomorrow will take care of itself."

Reflection

- Do you worry?
- What worries you most?
- Do you share your worries with God?
- Recall an occasion when all seemed lost....what blessings emerged from this trial?
- Has the adage 'God writes straight with crooked lines' ever come true in your life experience?
- God wants what is best for you. Do you believe this deeply?
- What positive step can you take that will help you trust in God's loving plan for you?
- Are you happy?

AIC Reflection

- What makes you happy?
- Do people see your happiness... does the joy of the Lord shine forth?
- What positive step can you make to be happier?

The Words of Vincent

Grace has its moments. Let us abandon ourselves to the Providence of God and be very careful not run ahead of it.

He seems to be telling us to plan for the future but not worry about it. What wisdom!

Concluding Prayer

Almighty God, help us to open our lives to you. Sweep away all that stops us from being completely filled with you so that your ways become our ways. Help us to avoid the pitfall of anxiety and lift us with your joyful presence so we witness to you in our lives and our ministries. We ask this through Christ our Lord. Amen

