

From Fr. Fleming's Desk



*(Every Monday I post a "Monday Morning Offering" on my blog at ConcordPastor.blogspot.com
Here's a recent prayer for those who worry - and who doesn't?)*

Good morning, good God!

When it comes to some things, Lord, I'm so slow to learn!
At my age, after all these years, you'd think I would have figured out, would have accepted the reality,
that no amount of worry or fear on my part will change the things that trouble and disturb me.
In fact, worry and fear about this or that only *add* to my anxiety about things in general!

And I know all the clever things they say about worry:

- *Worrying is like sitting in a rocking chair: it gives you something to do but it doesn't get you anywhere...*
- *Worrying doesn't take away tomorrow's troubles, it takes away today's peace...*
- *Most of the things you worry about never end up happening...*
- *Worrying is using your imagination to create something you don't want...*
- *You can't change yesterday but you can ruin today by worrying about tomorrow...*
- *Worrying will never change the outcome...*
- And you said it best of all, Lord:

*"Don't worry about your life. Which of you by worrying can add a single hour to your life's span?
If even something small is beyond your power, why do you worry about the rest?
Oh you of little faith! Stop worrying!" (Luke 12)*

You counsel me not to worry, Lord, and instead to entrust all my burdens, my troubles and my fears
into your hands, into your care...

Of course I have to take responsibility for what I can do and what I can change
but worrying about even these things bears no helpful fruit...

So this morning I offer you all my worries and fears - and yes, even *that* one, Lord,
the one that only you and I know about!

I place my worries in your hands, all the while praying that all shall be well, that all shall be well,
that all manner of things shall be well...

And I offer another prayer this morning, Lord: when disappointment comes my way,
when things don't go as I had hoped, when the answer to my plea is not what I had prayed for,
then give me strength to accept what I cannot change and to trust that in all things and at all times,
you are by my side, you have my back, you lead and guide me, you will, at last, bring me peace...

Today, Lord, give me the peace and relief, the comfort and consolation, the serenity
of really and truly letting go into your hands at least some of my worry and fear...

Help me trust that your love, having brought me safe thus far, will safely bring me home... Amen.