

# TRINITY NEWS

## **Lent IV Do Not Worry About Tomorrow. Deal with your Interior World First.**

**“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own”** (Matthew 6:34). In the context of this passage from the Sermon on the Mount Jesus is telling his disciples and those who gathered around him to look first to God and then into their own heart. The context tells us that he is aware that there are many things that worry us and most of them have fear attached to them. He tells them, “Do not worry about your life, what you will eat or drink, or about your body, or what you will wear. Is not life more important than food and the body more important than clothes?” We of course do need food and drink and to care for our bodies. When I see people on the streets blowing smoke I wonder what their bodies will be like in 30 years. The word “life” here goes back to the Hebrew word *nephesh* which means “life in the body”, “our basis of perceived identity.” Some people are born worriers, and some refuse to worry. But in practice all of us can be shaken by something that pushes us into a ceaseless round of worry about something or other. Yet a conscious effort to stop worrying is eventually necessary and in practice it can become habitual.

**The most valuable piece of property on earth is not found on Wall Street or Fifth Avenue in New York. It is found in our own inner world, the world of our own conscious or unconscious reflections. No one can buy it if we decide not to sell out.**

We need to sort out the stream of thought that flows up from our unconscious and intrudes into our inner world. This occurs from inside us and outside us every hour of our waking day and indeed in our dreams. **We are the master of our thoughts and the intrusion of the thoughts of others, not the victim of them. We can decide what enters our thought domain and what we reject.** It is part of what Paul brilliantly describes in Romans 7:14-25. That is, our choice between good and evil thoughts that translate into action. When a hateful thought occurs we can reject it. When automatic negative reactions plague us we can note them and reject them. No other person has entry to our inner world without our permission. If someone tells us that they love us and then intrudes on our inner world, that is not love. It is possession.

Worry wounds the soul and achieves nothing. It also creates negative scenarios in our life. **“What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil”** (Job 3:25-26). Job’s calamities stemmed from fears already entertained in his own mind. “The measure you give will be the measure that you receive.” Every negative word we think and utter comes back to us and every life-giving thought, word and deed comes back to us.

Letting tomorrow take care of its own trouble implies a trust in our capacity to overcome what comes with tomorrow. We are asked to handle the troubles of the day. That is, what comes from our own fears and the sometimes unintended manipulations of others. Being conscious of our thoughts, observing and monitoring them and rejecting negative influences allows a healthy *nepesh* to bloom. It also affirms the importance that Christ gave to our *nepesh*, our “life itself.” When we are healthy inside it promotes physical and mental health. It also leaves us open to the guidance of the life-giving influence of the Holy Spirit. Jesus fed five thousand men and their families once. He fed them not only with bread and fish, but also with the bread of life and peace in their inner world.

Bishop Arthur Jones

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### **THIS WEEK:**

#### **Wednesday, March 18.**

- Bible Study, 10:00 a.m.
- Lenten Study, 7:30 p.m., Parish Office

#### **Thursday, March 19.**

- Midweek Eucharist, 10:00 a.m., Chapel

### **NEXT WEEK’S READINGS:**

Jeremiah 31:31-34; Psalm 51  
Hebrews 5:5-10; John 12:20-33

### **HOLY WEEK SCHEDULE:**

#### **MARCH 29. PALM SUNDAY.**

- Blessing of the Palms & Holy Eucharist, 7:30 a.m. & 9:30 a.m.

#### **MARCH 30-APRIL 1. MONDAY, TUESDAY & WEDNESDAY**

- Holy Eucharist, 7:00 p.m., Chapel

#### **APRIL 2. MAUNDY THURSDAY.**

- Holy Eucharist & Washing of the feet, 7:00p.m.

#### **APRIL 3. GOOD FRIDAY.**

- Stations of the Cross, 11:00 a.m.
  - Liturgy of Good Friday, 12 noon.
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