



Father Danny Murphy is a retired Pastor from Brooklyn NY. A gifted man with a God given talent to inspire and God's gift to us at Holy Cross Church in Vero Beach Florida. This is just one of his inspirational homilies.

Fr. Danny Murphy – 23rd Sunday of the Year 2018

Today, you and I will reflect together on this sentence from our first reading: "Thus says the Lord: 'Say to those whose hearts are frightened, be strong, fear not!'" Is your heart frightened, is your heart frequently frightened, or even occasionally frightened. "Thus says the Lord: 'Say to those whose hearts are frightened, be strong, fear not!'" Why do you think we allow our hearts to become frightened? There might be many reasons. You and I will look at these two. Perhaps we allow our hearts to be frightened because we think that we have to make it alone. We DON'T have to make it alone. Think back, if you would, on a terrible time in your life or perhaps a specific frightful incident in your life. Could we pause for a moment and do that? (PAUSE) You might say to yourself now, "I don't know how I

ever got through that?" Guess what, you DIDN'T get through that – you and GOD got through that! One of my favorite sentences in scripture is when Jesus says: "I know that I am never alone – my father is always with me." And that could be said, it's true, about each of us. You are not alone, your heavenly Father is with you, indeed within you and you and He can get through anything together. "Thus says the Lord: 'Say to those whose hearts are frightened, be strong, fear not!'" Another reason why we might allow our hearts to become frightened is because we worry about the "might-bes", the "may-bes." An example of that for me occurs during the hurricane season. I know that we should take hurricanes and tropical storms seriously. I know that we should make due preparation for such storms. And I know of the horrible, horrific hurricanes that occurred last season. They inflicted so much pain on so many people: damage, destruction, death. So, we should make due preparation and thank God we usually get at least two or three days' notice before the hurricane might hit us, so we have time for some preparation. But after I make due preparation, worrying about it doesn't help me at all. Praying about it always helps me, worrying about it never does. Don't psychologists tell us that much of what we worry about never happens! And if it does happen, God and I can get through it together – God and I can get through anything together. I know nothing about tomorrow, except that the Love of God will rise before the sun! "Thus says the Lord: 'Say to those whose hearts are frightened, be strong, fear not!'"