



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 – 20th Sunday of the Year 2019

This morning we'll reflect on one sentence from our first reading and then one sentence from our second reading. From our first reading, this sentence: "Jeremiah sank into the mud." Woah, we have days like that, times like that, don't we, when we might feel overwhelmed, deflated, when times seem to be so tough for us, when it seems as if everything is going against us, when we have difficulty getting up in the morning and even more difficulty keeping our spirits up during the day? Isn't it consoling to know that even the great prophet Jeremiah also sank into the mud! Well, what do you do when you're stuck in the mud? Three suggestions: First, think of at least one thing for which you can be grateful. Gratitude is a reliable rope that helps lift you out of the mud. Second, Think of at

least one person who you know loves you unconditionally. Being loved, being in the company of those who love you is an enormous help in lifting you out of the mud.

Thirdly, go to God. Talk things over with God. Prayer can help you see why you are in the mud. Prayer can help lift you out of the mud. Now, we'll take a look at this sentence from our second reading: "Let us dismiss every sin that clings to us." Could we pause for a moment, please, so that each of us could think, what sin might cling to me? (Pause) Here's a sin that might cling to us: Fear. It seems to me the sin of fear breaks God's heart more than any of our other sins because the sin of fear stems from a lack of trust in God. A lack of trust in God stems from not accepting the fact that God loves me infinitely, unconditionally no matter what. If I can accept that, then the sin of fear will not cling to me. In the fourth chapter of the first letter of St. John, we read these four sentences: "Love then, consists in this: not that we have loved God but that God has loved us. I have come to know and to believe in the love that God has for us. Perfect love casts out all fear. Love is not yet perfect in one who is afraid." Jesus had no fears, none. He was not afraid of anything, he was not afraid of anyone. He was never afraid. Why? Because he trusted in his Father's love. We will never rid ourselves of the sin of fear until we totally trust in God's total love. Be not afraid, I go before you, come follow me and I will give you rest.