

FAITH: THE ANTIDOTE TO FEAR

***“Blessed are they that have not seen,
And yet have believed.” - John 20:29***

We have called him “Doubting Thomas” for over 2000 years. One of the twelve chosen to follow Jesus, the Apostle Thomas at first refused to believe in the resurrection of Christ. “I’ve got to see it for myself; in fact, I have to put my fingers in the nail-scarred hand,” he said, “or I will not believe.” His absence from their first encounter with Christ, given the violent events he had witnessed, could signal depression, dejection or fear. And fear is a powerful, paralyzing primary emotion.

St. Thomas embodies the existential dilemma we all face at some point in our lives:
To Believe or Not to Believe! To Take God At His Word or Lean On Our Own Understanding!
This is especially true in times of grief, uncertainty or great loss. Times like these, right now.

Thomas’s general mood and mindset is seen through a prior Bible passage: The occasion was Jesus’s journey to Bethany, where He raised Lazarus from the dead. – *‘Thomas said to his fellow disciples, “Let us also go, that we may die with Him.”- John 11:16.* Does Thomas sound depressed, worried about the dangers in Bethany? Over-thinking? *Doubting Jesus’s power?*

The Beauty of *Faith* is that a little *Faith* goes a long way: “...if you have Faith like a mustard seed, you will say to this mountain, ‘...Move, and I will move.’” –Matthew 17:20.

The Power of *Faith* is that it opens for us a plethora of possibilities, rooted in the reality that With God All Things Are Possible, even the *resurrection of the dead!* This is a central tenet of our faith, and one that the Apostle Thomas learned. Upon seeing the Risen Christ, he exclaimed, “*my Lord and My God.*” – John 20:28. The “doubtful worrier” became a faithful messenger, taking the Gospel as far as India and Pakistan.

In Scripture we are reminded that “*God hath not given us the spirit of fear, but of Power, and of Love, and of a Sound Mind.*” – 2 Timothy 1:7. Let us therefore bring before the Father, our doubts, fears and anxieties, so that the Light of His Presence may dissipate the darkest clouds.

CHORUS: “Open our eyes, Lord, - We want to see Jesus,
To reach out and touch Him, and say that we love Him;
Open our ears, Lord, and help us to listen-
Open our eyes Lord, – We want to see Jesus.”

PRAYER: We praise You, O God, for the mystery of Faith placed in our hearts, even before the foundation of the World. Grant us now a clear vision of Your will in our lives, that in all things we may trust Your divine Providence. Through Christ Our Living Lord, Amen.