

Jean Pierre de Caussade was a French Jesuit who lived in the 17th and 18th centuries. His best known work is titled *Abandonment to Divine Providence* in which he expresses his belief that the present moment is a sacrament from God and that self-abandonment to it leads to holiness.

In today's Gospel, Our Lord says three times throughout His discourse from St. Matthew chapter 6: "*do not worry.*"

In the Psalm, we repeated "*Rest in God alone, my soul.*"

In our own world, this can often times be very difficult. We find ourselves torn between ... all of the bells and beeps ... the ringing and the alarms ... so much so, that we start to feel out of control.

Jesus tells us, "*do not worry.*" And the Psalmist repeats, "*Rest in God alone, my soul.*"

Rest can feel beyond our grasp with all the noises and busyness which confront us throughout our day. Yet that is exactly what today's Scriptures call us to do.

"*Do not worry.*"

"*Rest in God alone, my soul.*"

Lent is just a few days away.

This year, wouldn't it be nice if we could set aside our worries? Wouldn't it be nice if we could truly rest in God's presence?

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us ask for the graces to do just that. On our own, we know that we worry. On our own, we know that 'rest' is hard to come by.

This Lent, let us rely on God's grace to settle us into His rest. Let us partake of the sacrament of the present moment so that we might "*[r]est in God alone*".

Jesus tells us,

*seek first the kingdom of God and his righteousness,  
and all these things will be given you besides*

Let us take him up on his word.