

Mollens, March 26, 1987

**Casting all our anxieties on the Father**

"I hope that in the past two weeks we have all made an effort to put God's will into practice, even in very difficult situations. So I hope there have been some generous and magnanimous acts to offer God.

As you well know, living the virtues any old way is not enough to reach holiness; they have to be practised in a sublime, heroic way.

And so today I will speak to you about how we put God's will into practice in difficult moments.

You know how our spirituality (our path to holiness) is based on a point from which all else has flowed: belief in God's love, being conscious that we are not alone; we are not orphans, we have a Father above who loves us.

One way of applying this faith in God is when we are worried about something that makes us anxious. Sometimes it is fear for the future, or concerns about our health, we are frightened about suspected dangers, we are worried about our relatives, apprehensive about a job we have to do, we are uncertain about how to behave, there is the shock of bad news. There are fears of various kinds.

Well then, at times like these, precisely in times when everything is uncertain, God wants us to believe in his love and asks of us an act of trust. If we are really Christians, he wants us to make good use of these painful situations to prove to him that we do believe in his love. This means believing that he is a Father to us and he thinks of us, and casting upon him every anxiety we have, burdening him with them. Scripture says: "Cast all your anxiety on him, because he cares for you." (1 Pt 5:7). This means in practice, as one author says, that Christians must cast all their worries onto their heavenly Father, in the same way as a load is put on a beast of burden.

The fact is that God is our Father and he wants his children's happiness. This is why they unload every burden onto him. Besides, God is love and he wants his children to be love.

All these worries, anxieties, and fears block our soul, shutting it up in itself, and get in the way of our opening up towards God by doing his will and towards our neighbours by making ourselves one with them so as to love them in the right way.

In the early times of the Focolare, when the Holy Spirit was teaching us our first steps on the path of love, "casting all our anxiety on the Father" was something we did every day, and often several times a day.

In fact we were leaving behind a purely human way of living, even though we were Christians, so as to move into a supernatural, divine way of living. That is, we were beginning to love.

Worries are stumbling blocks to love. So the Holy Spirit had to teach us how to get rid of them.

And he did. I remember we used to say that just as you cannot hold a hot coal in your hand, but you would drop it at once so as not to get burned, so too with the same speed we had to cast every worry onto the Father. I can't remember any worry cast into the Father's heart which he did not take care of.

Dearly beloved: it is not always easy to believe and to have faith in God's love.

But we must make the effort to believe on every occasion, even the most tangled. We will then witness God's intervention time and time again. He will not desert us, he will take care of us.

I know that many amongst us are in difficult situations. The thought of this conference call is especially for them. But also for everyone else: There are so many situations to be faced in life!

There is such a great need that Someone else think of us!

So let's cast every anxiety on him. We will then be free to love. We'll run faster on the path of love which, as we know, leads to holiness.

*Chiara Lubich*