

Conference Call CH
Mollens, March 26, 1987

Cast all your anxieties on the Father

I hope that for the past two weeks we have all tried to carry out the will of God also in situations that might have been very difficult. I hope, therefore, that some of you were able to offer to God generous, self-sacrificing acts of love.

As you know, in fact, to succeed in reaching holiness, virtues cannot be lived in a halfhearted way. That is not enough. They have to be lived in a sublime, heroic way. Therefore, I would like to tell you today about one way of carrying out the will of God in difficult moments.

You know that our spirituality - which is our way of holiness – is based on a point from which everything else emerged, that is, faith in God's love and thus being aware that we are not alone, that we are not orphans because we have a Father in heaven who loves us.

We apply this faith in particular when something worries us or causes us to be agitated. At times this might be fear of the future, anxiety about health issues, warning of impending danger, distress for our family members, apprehension about a job, uncertainty about how to behave, shock at some bad news - fear of all kinds...

In such moments, precisely in those moments of uncertainty and suspense, God wants us to believe in his love and asks us to trust in him. If we truly are Christians, and if we are members of our Movement, he wants us to take advantage of these painful circumstances to show him that we believe in his love. And this means having faith that he is our Father and that he cares about us. We have to throw all our worries onto him – “load” them onto him.

Scripture says, “Cast all your anxiety on him, because he cares for you.”¹ One commentary on this phrase says that just as one loads a donkey with a heavy burden, so Christians should “load” their worries onto their heavenly Father. The fact is that God is love and he wants his children to be happy. That's why he takes all their burdens onto himself.

And since he is love, he wants his children to be love, too. However, all of these worries, anxieties and fears block our soul. They make us close in on ourselves and prevent us from opening up to God and doing his will, and from opening up to our neighbors, making ourselves one with them and loving them as we should.

In the early days of the Movement, when the Holy Spirit began to teach us to take the first steps along the way of love, we remembered this phrase every day, and

11 Pt 5:7.

repeated it often during the day. "Cast all your anxiety on him!" This helped us to emerge from a purely human way of living, even though we were Christians, and instead enter into a way of life that was supernatural and divine. In a word, we began to love.

Worrying is an obstacle to love and so the Holy Spirit had to teach us the way to eliminate these obstacles. And that's exactly what he did.

I remember that we used to say that just as you can't hold a hot coal in your hand, but instead you throw it off immediately, in the same way we have to immediately throw every worry into the heart of the Father. And I cannot remember any worry we put in the Father's heart that he did not take care of.

Dear friends, it's not always easy to believe in God, to believe in his love. But we have to make the effort to do so in every instance, even in the most complicated situations. Each time we do, we will experience God's intervention. Today too he will not forsake us, but rather take care of our every need.

I know of many among us who are living in very difficult situations. This message today is especially for them. But it is also for everyone else - how many problems each one of us has to face! How much need we have for someone else to look after them for us!

So, in these two weeks, let's cast every anxiety onto him. We will be free to love. We will race much faster along the way of love, which, as we know, leads us to holiness.

Chiara Lubich