

One of the major psychological illness that affects the whole humanity is " FEAR" . All of us have fear of something. For example fear of past , fear of future, fear of animals, fear of other persons, fear of darkness, fear of being alone, fear of altitude, fear of death,..etc. But often we fear situations that are far from life-or-death, and thus hang back for no good reason. All these fears make us lose hope and become discouraged. When we have fear, we meet only failures and we are not ready to face to challenges in our lives. So as human beings, the disciples of Jesus also had fear. They were afraid of their future after Jesus. When Jesus spoke of his death on the cross, they were afraid and said “ Lord it shall not happen to you”. They ran away from Jesus when he was arrested and they rejected Jesus because of the fear of the Jews. They feared Jews even after the death of Jesus. Jesus knew that his disciples would be put to the test after his death. So he encouraged them to put their faith and hope in God the Father and also in himself "Do not let your hearts be troubled. Believe in God and believe also in me ". When adversity or trouble comes our way, it make us lose hope or give into fear and despair. When the people of Israel became discouraged and grew weary during their 40 years in the wilderness, the Lord assured them of His presence and guidance to the promised land. "It is the LORD who goes before you; He will be with you, He will not fail you or forsake you; do not fear or be dismayed" (Deuteronomy 31:8). This promise land was a prefiguration the true heavenly homeland which Jesus Christ speaks of. “ I will go and prepare a place for you in my Father's house. Jesus has gone to prepare a place for us.

Traveling alone in unfamiliar places can be unnerving without a companion or guide who knows the way. The disciples were surprised that Jesus was going to his Father's house and would return to take them with him. So the disciples asked Jesus “Lord we do not know the way to where you are going. Show us the way”. The Lord Jesus promised his followers that he would be their personal guide and friend who would lead them to the source of lasting peace and abundant life and told them "I am the Way, the Truth, and the Life". As God revealed to Moses, "I am who I am" (Exodus 3:14), Jesus reveals to his disciples: "I am the Way, the Truth, and the Life". Jesus alone knows the way to the Father because he has been with the Father from the beginning - before time and creation ever existed. The Lord Jesus gives us more than a road map and guide book. He personally is the way to the Father's kingdom, and we cannot miss it if we follow him. He accompanies us on our daily journey and watches over us as the good shepherd who leads and sustains us each and every step of the way. He not only shows us the path of life, he gives abundant life that lasts forever. We need to step with the Lord and trust in his guiding hand for our lives. Jesus also asks us to believe in him and totally surrender ourselves to him. We do not need to fear of anything because God is always with us and in us. This feeling of God's presence within us strengthens us more powerfully to face any challenges in our lives. Jesus is the way in which we have to walk. So dear brothers and sisters, let us grow in our belief and trust in God. Let us feel within us the loving presence of God always. Let us feel and live what St. Paul said " I can do all things through him who strengthens me " and as Psalmist says (Ps 18;29) " By You O Lord I can crush a troop and by my God I can leap over a wall ". May God bless us. Amen.