

Fr. Romeo Evangelista Homily
Sunday, May 7, 2023
Fifth Sunday of Easter
Cycle A

“Do not let your hearts be troubled. Have faith in God; have faith also in me.”

There are various measuring devices. The familiar ones are:

- Thermometer, which measures the temperature;
- Barometer, which measures air pressure;
- Speedometer, which measures the speed or velocity of a vehicle.

I wonder whether ‘troublemeter’ can be invented – a device which measures how troubled one’s heart is. Just imagine you have ‘troublemeter’ or you yourself can measure how troubled your heart is...on a scale of 1-10, how troubled is your heart today?

To be able to answer this question, you need to get in touch with yourselves first. You need to be aware of and recognize everything that makes you worried and bothered, fearful and anxious, stressed and distressed.

- Be it about money.
- Be it about your health, marriage, relationships.
- Be it about the security and safety of your family.
- Be it about your finances, joy, career, business.
- Be it about failure, defeat, rejection, betrayal.
- Be it about losing something or someone very important to you.

From time to time, we all experience fears, worries, anxieties and there is so much of those in us right now. There are times when we worry so much, when we are so anxious about a lot of things, so much so that we lose sleep and

cannot eat. And because we are easily overcome with worries and fears, that is why the Bible tells us more than a hundred times that we should not worry, that we should not be afraid. Why does the Bible keep telling us not to worry, not to be afraid? Because our faith is weak, and instead of looking at God, too often we look at our problems.

Jesus exhorts us to have faith in God and faith in him. Due to our lack of faith we tend to focus on our problems and troubles. So, let us pray for the particular grace of faith which will make us focus on God and fix our eyes on the Lord Jesus.

Today's gospel passage is part of the long farewell speech of Jesus during the Last Supper. Jesus is already saying goodbye to his disciples and is preparing them for his departure. Naturally, understandably they are anxious and fearful – their Lord and Master is about to leave them. However, Jesus is telling them how they must face it:

“Do not let your hearts be troubled. Have faith in God; have faith also in me.” And in the troubled times of our life, that is exactly the Lord's message to us. The Lord is giving us “a precious remedy” against it. And the remedy is: faith.

If we were only to learn to see things, not with the eyes of our senses, but with the eyes of faith, we will come to the wonderful realization that everything is a sacrament of God's presence, everything is a visible sign of God's love and goodness. With faith we can look beyond the present crisis situation and see that God is in control.

- We can fix our eyes on the Lord not our troubles.

- We can have peace in the midst of the storm.
- We can examine our circumstances and predicaments and discover the reign of God in their midst.

For the so many times that we allowed our hearts to be troubled because we did not have enough faith and trust in God, let us ask His forgiveness. And let us, therefore, pray for the grace of faith and trust.

“Do not let your hearts be troubled. You have faith in God; have faith also in me.”

Amen