

In today's Gospel Jesus tells his disciples: Do not let your hearts be troubled. It is probably the most common gospel used at funerals and graveside services. How our hearts absorb those words in time of grief – and at all moments that troubling in our lives.

It is a prayer that we can pray everyday day. So that we come to believe in it.... To trust it...So that it can become a part of us.

Pray it when you when you are in conflict with another, when you can't see your way clear....when life has sent you spinning...Hear Jesus words to you personally: Do not let your hearts be troubled. Jesus' word is the way.

When you feel like you cannot take another step....when you are blind with worry and paralyzed with fear....Let Jesus' words speak to you: Do not let your hearts be troubled. Jesus' word to you is truth.

When news of our families, our neighborhoods, our nation, our world bring us to a point of confusion and gloom. Hear Jesus' life giving words. Do not let your hearts be troubled. Jesus' word to you is life.

Let us pray that as we gather around the Word and the Eucharist this day our faith may be nourished and our hearts be at peace.