

## **DO NOT LET YOUR HEARTS BE TROUBLED...**

*Our Lord Jesus Christ today confronts us with a reality we all know: Jesus invites us to look at our anxieties and worries.*

*These storms which, although we sometimes resist them, batter our human hearts and cause us to lose faith in God, in ourselves, and in humanity.*

*In the midst of all this, Jesus makes his voice resound, saying, "Do not let your hearts be troubled.*

*Obviously, Jesus knows each of our realities at the social, local, and family levels, the fragility of our health, economic insecurity, instability in our family and human relationships, fear of the future, etc.*

*Christ does not promise to eliminate them, but he does give us the key to moving forward: "Believe in God and believe in me; I am the way, the truth, and the life."*

*Currently, there are many different ideological positions, but the vast majority are the product of selfish pursuits of pleasure, possessions, and power.*

*Today subjectivism prevails; it's enough that I consider something good to make it a guiding principle in life.*

*However, our decisions must be illuminated by the light of our faith; it's not enough to say, "I want it," "It's pleasant," "I like it..." We must ask ourselves, "Where does this path I choose lead me?" "Does this path build me up or tear me down? Does it bring me closer to God or distance me from Him?" "Does it humanize me or the opposite?"*

*The truth that Christ proposes is not an ideology, it is a person; therefore, Christ presents himself as the truth. It is about adopting an attitude and*

*lifestyle that leads me to a truth that liberates me and gives me fullness of life.*

*Living in the attitude of the risen Christ is finding peace in him, a fruit of our faith and trust in his power.*

*It is a path that leads me to a safe harbor, where I find life and fulfillment.*

*May our Mother in Heaven, Queen of Peace, grant us a true encounter with Christ the Lord. Amen.*