

St. Paul to Themas. (Plans for Dead)

The theme of yesterday's Mass was confidence - God.  
We're all apt our difficulties, troubles, temptations, worries - there  
are dangers to both body & soul all around us most of the time.  
But sometimes, ev'ng. seems to crowd in on us. We get  
depressed at the amount of things we've got to do - remember,  
life becomes a burden with no sign of joy ahead of us, its  
demands seem to sap our energies for doing even those things  
which, in better mood, we don't find particularly troublesome.  
Perhaps next of all, we can & do become upset at an  
event ~~which~~ which touches us closely, like the death of a friend  
- or even by something which is in reality quite trivial.  
We're brought face to face with the fact that we're not  
sufficient of ourselves - there's a limit to our power and  
efforts. In good times, perhaps we tend to forget about our  
hope - God, and <sup>so</sup> it takes something like this depression,  
this feeling that difficulties & troubles are crowding round us so  
much that life itself seems to be becoming impossible, to  
awaken that hope & trust in us. ~~But~~ But God does care.  
He does know us, He has the hair of our head counted - we  
are more important to Him than many sparrows. He knows our

situation - Jes. Xt. has lived thro' human life & death too. He  
does know & does love. He alone is the source of all our  
hope & confidence. It would be a pity if we only  
recall this in times of stress, rather than have a strong, holy  
confidence - God's care & providence for us as the basis of  
life