

Do Not Fear

Reflection by Bev McDonald 2017



Start your meeting with Prayer.

Someone read: A reading from Isaiah 41: 8-14

“But you, Israel, my servant, Jacob, whom I have chosen, you descendants of Abraham my friend, I took you from the ends of the earth, from its farthest corners I called you. I said, ‘You are my servant’; I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

“All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish. Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all. For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you. Do not be afraid, ... little Israel, do not fear, for I myself will help you,” declares the LORD, your Redeemer, the Holy One of Israel.

Listen to the CD or read the Script

Simply use these questions as a help to guide your sharing.

- Silently re-read the Scripture as a love letter from God inserting your own name in place of Israel and Jacob. How does it feel to hear God speak personally in that way?
- What is meant by the idea of making friends with negative emotions? How do you treat yourself when you feel overwhelmed, angry, fearful or anxious?
- How does imagination impact your anxieties? What helps you be present in the moment and recognize the truth about your situation?
- What type of prayer is most helpful for you when you feel afraid? What do you think is the best way to encourage someone else who is fearful?
- How will you let this Scripture and reflection impact your daily life this week?

May Dates

1st May:	St Joseph the worker
3rd May:	St Philip and James-Apostles
13th May:	Our Lady of Fatima
20th May:	Birth Marcellin Champagnat.
24th May:	Our Lady Help of Christians
28th May:	Ascension of the Lord
31st May:	Visitation of the B.V.M.



Pope Francis'

MONTHLY
PRAYER
INTENTIONS

May: *That Christians in Africa, in imitation of the Merciful Jesus, may give prophetic witness to reconciliation, justice, and peace.*

Conclude with Prayer from the Marist Card
and/or your own intentions.

O Christ Jesus, when all is darkness
and we feel our weakness and helplessness,
give us the sense of Your presence,
Your love, and Your strength.

Help us to have perfect trust in Your protecting love
and strengthening power,
so that nothing may frighten or worry us,
for, living close to You, we shall see Your
hand, Your purpose,

Your will through all things. Amen
(By St. Ignatius of Loyola, 1491-1556)



Marist Laity NZ P.O. Box 108027, Symonds Street, Auckland 1150

Phone: 09 307 2712

Email: office@maristlaitynz.org

Website: www.maristlaitynz.org