



Ask, Father James:

“Do not Let Your Hearts be troubled... Believe in God and Believe in Me.”

Jesus invites us to bet on God and in Jesus Christ. There are times when we too are in situations of doubt, uncertainty, fear, and anxiety. Jesus’ disciples were in a situation where their hearts were so stirred up, so unsettled, and so confused that they didn’t know what they would do or where they would turn. Jesus announced that He is leaving them -- and they can't follow now. Jesus has been their life for the last three years. They have left family and jobs -- everything -- to follow him and assist him on his mission.

Jesus responds to his disciples' anxiety by comforting them: “Do not let your hearts be troubled...” Jesus calls them to the fundamental relationship of trust in God that has helped him overcome his own challenges, assuring them that he is not abandoning them. When Jesus says, “Believe in me” Jesus is saying, himself is all they need; there is no need to panic. This applies to us too. Jesus promises to be with us in his Eucharistic body through the power of the Spirit.

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