

Reflection Saturday 2nd Week Easter 2024

Pope John Paul II started his very first homily as Roman Pontiff with the words "*Do not be afraid!*" Because Jesus never wanted to frighten people, he used this phrase often to bring calm to people's lives. They resonated then and still resonate in a world so full of hurt, anxiety, upset, illness and poverty. Jesus' approach to all this was to encourage us to love our neighbour, to love our enemy, to do unto others what you would have them do to you. Yet no phrase is used more often than his '*don't be afraid!*'.

God knows how quickly we can become discouraged in our human lives and not just in the face of adversity. It appears that some form of '*do not be afraid*' is repeated 365 times throughout Scripture suggesting that every day we are reminded not to fear! This phrase is also relevant to our faith, Jesus tells us clearly once again today never to be afraid so that we can keep moving forward with confidence knowing that our Lord is with us every step of the way.

Joe has been seeing a psychoanalyst for four years for treatment of the fear that he had of monsters under his bed. It had been years since he had had a good night's sleep. Furthermore, his progress was very poor, and he knew it. So, one day he stops seeing the psychoanalyst and decides to try something different.

A few weeks later, Joe's former psychoanalyst meets his old client in the supermarket, and is surprised to find him looking well-rested, energetic, and cheerful. "Doc!" Joe says, "It's amazing! I'm cured!" "That's great news!" the psychoanalyst says. "you seem to be doing much better. How?" "I went to see another doctor," Joe says enthusiastically, "and he cured me in just ONE session!" "One?! " the psychoanalyst asks incredulously. "Yeah," continues Joe, "my new doctor is a behaviourist. "A behaviourist?" the psychoanalyst asks. "How did he cure you in one session?" "Oh, easy," says Joe. "He told me to cut the legs off of my bed."