

Your New Year's Resolution

By Father John Catoir JCD -11/24/17

One of the best ways to be faithful to the Lord is to take him at his word: "Be not afraid." This is a call to courage. Jesus is asking you to be calm in the storm of life, not only for your own peace of mind, but for the well-being of your loved ones. You can decide to present the face of Christ to them, by showing them your faith in His strength.

It's normal to worry about the future. The threat of war looms all around us. North Korea, Iran, Isis, they all pose serious threats to our peace. We don't have a crystal ball to tell us what's going to happen next, but we do have a body of wisdom that saves us from a lot of confusion and dread. It's synopsized for us in the Apostle's Creed.

If you're searching for a new year's resolution, why not avail yourself of the revelations that shape our destiny and purpose in life? All our spiritual knowledge is grounded in the wisdom of Jesus Christ. He said, "In this world you will have many troubles, but take heart, and be of good cheer, for I have overcome the world,"- John 16:33.

St. Paul wrote, "All of you, who are believers, have the same divine calling: to turn your minds to Jesus, the high priest, and be faithful, as He was faithful, to the one who appointed Him; namely, His heavenly Father" - Hebrews 3:1.

Here is a plan worth adopting. Jesus urged you to brush aside your fears by focusing on Him, and His power to carry you through the storms of life. His teachings, handed down to us from the Apostles, contain a body of knowledge, which we need today. By reciting the Apostles Creed once a day, you will strengthen your faith immensely.

I believe in God the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, His only begotten Son, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead, and on the third day He rose again. He ascended into heaven, is seated at the right hand of the Father, and will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Your decision, to recite this Creed once a day, will help you to trust the Lord in all circumstance. Your gradual transformation in Christ will bring blessings to those whom you love, and earn you a higher place in heaven. Why not trust the Lord? He will do for you what you are not yet able to do for yourself: Be not afraid.

May the Lord be your strength and your joy.