

Illusion of Control

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PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we think about the illusion of control.*

INTRODUCE TOPIC & SCRIPTURE: Mt. 6:26-27, 34: "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself."

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE: Jesus, I surrender myself to you. Please take care of everything.

MEDITATION: "Fear is the emotional response to the possible loss of something loved. It is appropriate to fear the loss of what is objectively important when that good thing is at risk. However, fear becomes disordered, that means, it becomes anxiety and worry when – (1) When it is unlikely that what we fear will happen; (2) When we blow way out of proportion just how bad things will be; (3) When we forget that no matter what happens, no matter what we lose in this life, God will bring about an even greater good for us and our loved ones if we trust and love Him.

So many of us are suffering from anxiety because we have lived our whole lives under the illusion of control. We think that if we have enough foresight, make the right preparations, take the right actions, control all the variables, then we can protect ourselves and our loved ones from loss. This is an illusion! There are infinite possible variables, threats and opportunities. Can you foresee and control them all? Of course not. But, who can? God. God is in control. We are in the hands of God Our Father. You are safe!"³

RESOLUTION: (Re-read Scripture.) "So, to make this practical: if you or someone comes to you and says "I am struggling with worry and anxiety." In response, ask, "What is the cause of your anxiety? Let them answer and listen. When they stop, ask, "Do you have control over any of that?" No. "Then, who has ultimate control over this?" God Does. Ok then -- Now we see that your anxiety is putting yourself in the place of God because you are worrying about what God is in charge of. The world is God's project. Not yours. Stop worrying about what isn't your responsibility. Stop it, and your anxiety and worry will fade. Instead, focus on what your responsibilities and what you can control, and work towards that with excellence."⁴

PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Mother of God, **pray for us**; St. Joseph: **pray for us**; St. of the day (or saint of the day). **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Holy Family School of Faith, Rosary Meditation for September, 2020, *Illusion of Control*. Used with permission.

⁴ *ibid*

