

Do Not Let Your Heart Be Troubled

My Brothers and Sisters in the Risen Lord,

"Father, I am seeking; I am hesitant and uncertain, but will you, O God, watch over each step of mine and guide me."—St. Augustine

A man sits alone in his car in a darkened parking lot, his face in his hands. His job is falling apart. His marriage is strained. His health is uncertain. He scrolls through his phone, hoping for something—anything—that might bring him comfort. But the messages are empty, the news is grim, and the distractions don't last. He has tried everything the world promises: success, wealth, entertainment. And still, he feels the ache of emptiness. Who will guide him? Who will show him the way?

In John 14 Jesus speaks to this very heartache. His disciples are afraid and confused as he prepares them for his departure. Sensing their distress, he speaks words of comfort: "Do not let your hearts be troubled. Believe in God, believe also in me." He assures them that he will not leave them orphaned. The Father, Son, and Holy Spirit—all three persons of the Holy Trinity—will dwell within those who love him. They are not alone. We are not alone.

This in-dwelling of the Trinity is more than a theological concept; it is the light within us, the divine presence that guides, consoles, and strengthens. Jesus does not merely command us to keep his word: he shows us how to do it, by living in us and through us. His love, a love that is self-giving and sacrificial—agape—is both our model and our motivation.

Through the Scriptures, we hear his voice. Through the Holy Spirit, we are inspired to live as Jesus lived—anchored in mercy, moved by compassion, and upheld by truth. It is not a path without challenges, but it is a path filled with purpose, and more importantly, with peace.

The world promises peace through possessions, power, and pleasure. But these things fade, and they never satisfy the deepest hunger of the human heart. Jesus offers a different peace: "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you." His peace is not the absence of trouble but the presence of God. It is the steady hand on our shoulder when storms rage. It is the calm that comes from knowing we are deeply loved and never abandoned.

Jesus's departure was not the end. It was a beginning. In going to the Father, Jesus made way for the Spirit, who continues his work in us. His promise remains true: we are not left to face this life alone.

As Thomas Merton once prayed: "I will not fear, for you are ever with me, and you will never leave me to face my perils alone." May that truth settle deep into our hearts this Easter season. "Let not your heart be troubled—He is with you."

Yours in Christ,
Fr. Rudy