

Fear

Fear comes to us.

As a child, I feared the monster in the closet.
My Teddy bear kept me safe.

As an old man, fear has been delivered
beneath the cloak of peace,
as a disgruntled student,
and a man with a gun in a mall.
Who will keep me safe?

I see through the knife, the bomb and the gun.
I see the weapon is fear itself.

I see fear everywhere.
It is the weapon of oppression. It smothers me.

Fear of the jihad has given us the TSA.
Fear of frailty has given us Medicare.
Fear of loneliness has given a shallow character.

I made a list today.
On it are all my fears.
Tomorrow and tomorrow and tomorrow, I resolve
I will face each fear one by one.
I shall conquer my fears one by one.
I shall make my list shorter every day.

Today I crossed my last fear off of my list.
I look at myself and I see what is left of me.
I have discovered, hiding beneath the now absent fear,
self reliance, self esteem, and self respect.

Today is born the answer to our fear.
I fear not death.
I fear not the hardships of life.

If I must fear something, I shall only fear being a disappointment.

In my calm I recall these words.

*Which of you by worrying can add a moment to his life-span?
Stop worrying, then, over questions like,
"What are we to eat?" or
"What are we to drink?" or
"What are we to wear?"*

*Look at the birds in the sky.
They do not sow or reap, they gather nothing into barns;
yet your heavenly Father feeds them.*

Your heavenly Father knows what you need.

*Not a single sparrow falls to the ground
without your Father's consent.*

I know that these words do not relieve me of my work.

They are only to be relief from a concern for the outcome
when doing the right thing.

I shall be the Sparrow.