

A Personal “Fifth Gospel”

[Br Vincent Kingston](#)

During the Brothers' Retreat at Worth Abbey in August, participants were invited to compose their own “Fifth Gospel”. Br Vincent shares his version with us.

Don't worry. Does it matter? Does it really matter? Many, if not most of the every-day things that upset us, don't really matter: and even if they do, there's often little we can do about the situation. So rather than get upset, it is better just to go with the flow...

Jesus tells us not to worry "about your body and what you are to eat or drink... or how you are to clothe it... set your heart on the Kingdom first... Do not worry about tomorrow, tomorrow will take care of itself. Each day has enough trouble of its own." (Matt 6:25 f)

NOW, today, is the only time there is, the only time we have, and Jesus tells us to live it fully, and not to burden our NOW with worries of the past or fears of the future.

St Teresa of Avila takes up this stance in her celebrated reflection (which contains seven absolutes !)

Let nothing disturb you
Nothing make you afraid
All things are passing.
God never changes.
Patient endurance conquers all.
Whoever God possesses lacks nothing.
God alone suffices.

Of course, some thought has to be given to the future, some planning undertaken, but only in the conviction that "All shall be well, all shall be well, all manner of things shall be well" (Julian of Norwich).

Our minds are filled with an endless succession of thoughts, and if you check yourself, you will find that most of these thoughts are about the past or the future! There is surely something amiss, if our present, our NOW, is constantly preoccupied with the past and the future...

Anthony de Mello expresses the importance of living in the present with this powerful statement; "One moment's acceptance of all that is, is better than a thousand years of piety."

Children have the gift of living in the present, and I suspect that this was one of the childlike characteristics that Jesus had in mind when he said "I tell you solemnly, unless you change and become like little children, you will never enter the Kingdom of heaven." (Matt 18:3).

So let us take to heart the exhortation of Jesus "Let not your hearts be troubled or afraid." (John 14:27), and let us remember that Yahweh, our God is -

I AM who I AM (Exodus 3:14)
The Eternal NOW