

Take-Home · Session 5

Have No Anxiety About Anything · Philippians 4:4-9; 1 Peter 5:6-11

WHAT WE FOUND

Paul wrote "have no anxiety about anything" from prison, and Peter wrote "cast all your anxieties on him" to persecuted churches: survival equipment, not greeting cards. We found the word family we learned in week two, *merimna* and *merimnao*, in both texts: the mountain, the kitchen, the prison, and the persecuted church are one conversation, and the apostles are handing on their Master's teaching with practices attached: requests made known to God with thanksgiving; the casting (Peter is drawing on Psalm 55:22, a psalm of fear, trembling, and betrayal by a familiar friend); the garrisoned heart ("the peace of God... will keep your hearts and minds": a military word, sentries on the wall, protection of the person rather than resolution of the circumstance); and governed attention ("whatever is true... think about these things", which is not positive thinking, because it begins with *true*). Peter's grammar gave us the gentle revolution: in Greek, "casting" is a participle attached to "humble yourselves," so handing God the weight is not weakness but a concrete way the commanded humility happens. Say the other half carefully: insisting that everything finally depends on us can hide pride, but recurring anxiety after prayer is not evidence that you are proud, faithless, or unwilling to surrender. The ground under it all: "he cares about you."

VOICES OF THE CHURCH

St. Ignatius of Loyola (Spiritual Exercises, First Week rules for discernment, 5, 6, and 8, in substance): in desolation make no change; hold the resolutions made in the light; increase prayer; and hold on, because consolation returns. Our shorthand: pray more, decide later.

Bl. Solanus Casey (the counsel he is remembered for): thank God ahead of time. Philippians 4:6 in five words.

The Church's Liturgy (Roman Missal, the embolism after the Our Father): "...that we may be always free from sin and safe from all distress, as we await the blessed hope." Distress is not quite our word anxiety, but the Church has asked to be kept safe from it at every altar for centuries.

LIVE IT THIS WEEK

- **The evening cast:** one written worry, prayed by name with one thanksgiving, physically set aside. Peter's verb means to throw the weight onto someone who will carry it.
- **Thank God ahead of time** for one specific pending matter, daily, before the outcome.
- **In desolation, no new decisions.** If a spiral hits, postpone big choices; pray more, decide later.
- **At Mass,** pray the embolism after the Our Father deliberately: "safe from all distress."

Memory verse: "Cast all your anxieties on him, for he cares about you." (1 Peter 5:7)

Before next session: read John 14:27 and sit with it for five unhurried minutes. The study is returning to the room where it began.

Catechism this week: CCC 2633; CCC 2637-2638; CCC 2734; CCC 2830 and 2834.

This study walks alongside professional care; it never replaces it.