

# WAYPOINT

## Week 8 - Fear - Points from the talk (5/11/22):

### Step Four: Made a searching and fearless moral inventory of ourselves

- **Past, Present, Future, Eternity**
  - The Devil wants us to focus on the past in terms of brooding over injury, self-pity, and regret.
    - We have to give up our hope for a better past, and work towards greater acceptance, repentance and forgiveness.
  - The Devil wants us to focus on the future in terms of fear or naïve confidence.
    - *“nearly all vices are rooted in the future... fear, avarice, lust, and ambition look ahead.”* (Screwtape Letters, chp 15)
  - *“If you have one foot in the past and one in the future you are pissing all over the present”* (a saying around 12 Step Recovery programs)
  - God wants us to focus on the present and eternity. Our concerns for the past and future is willed by God only in so far as they bear upon the present and how it relates to eternity.
    - *“Our business is to get them away from the eternal, and from the present.”* (Screwtape Letters, chp 15)
    - *“Give us this day our daily bread.”*
    - *“time is in the Father’s hands; it is in the present moment that we encounter him, not yesterday nor tomorrow, but today: ‘O that today you would hear his voice, harden not your hearts’.”* (Catechism 2659; Ps 95:7-8)
- **Greek word: *Merimnao*** = to be divided, go to pieces, pulled apart, distracted, worried, anxious
  - Matthew 6:34
    - *“do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day’s own trouble be sufficient for the day.”*
  - Matthew 13:22
    - *“As for what was sown among thorns, this is he who hears the word, but the cares of the world and the delight in riches choke the word, and it proves unfruitful.”*
  - Philippians 4:4-6
    - *“Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will keep your hearts and your minds in Christ Jesus.”*

- **Sharpening our focus on the present and the eternal**
  - Psalm 46:10
    - *“Be still and know that I am God”*
      - Hebrew word: *Raphah* (pronounced: Rawfaw) = cease striving, go limp, calm down, go slack, relax, chill out... chillax!
      - Latin word: *Vacate* = be empty, leave, give up, quit
  - Psalm 52:8
    - *“I am like a green olive tree in the house of God”*
  - Psalm 131
    - *“O Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a child quieted at its mother’s breast; like a child that is quieted is my soul. O Israel, hope in the Lord from this time forth and forevermore.”*
  - *“This short word (Fear) somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it... We asked ourselves why we had them. Wasn’t it because self-reliance had failed us?,,, we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role he assigns. Just to the extent that we do as we think he would have us, and humbly rely on him, does he enable us to match calamity with serenity.” (BB, 67-68)*

### **Week 8 - Discussion Questions:**

1. Have I ever been held in the grasp of overwhelming fear?
2. What types of sinful behavior are born out of fear?
3. What is my greatest memory of being totally present in the moment?
4. In my deepest moments of prayer was I centered in the present and could I sense the presence of eternity? How did this make me feel?

### **Closing Prayer**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.