

Jesus says: 'Let Not Your Hearts Be Troubled'

A Homily from Pope Francis

MAY 10, 2020 © Vatican Media

Dear Brothers and Sisters,

In today's Gospel (Cf. *John* 14:1-12) we hear the beginning of Jesus' so-called "Farewell Discourse." They are the words He addresses to the disciples at the end of the Last Supper, just before facing the Passion. In this dramatic moment, Jesus began by saying: "Let not your hearts be troubled" (v. 1). He says it also to us, in the dramas of life. But what can one do not to have one's heart troubled, because the heart does get anxious?

The Lord points out two remedies for anxiety. The first is: "Have faith in Me" (v. 1). It seems to be somewhat theoretical, abstract advice. However, Jesus wishes to say something precise to us. He knows that in life the worst anxiety, agitation, is born from a feeling of not making it, of feeling alone and without points of reference in the face of what is happening. This anguish, in which difficulty is added to difficulty, cannot be overcome on one's own. We are in need of Jesus' help and, therefore, Jesus asks us to have *faith in Him*, namely, not to lean on ourselves but on Him, because freedom from anxiety passes through entrustment. To entrust ourselves to Jesus, to make the "leap." And this is freedom from anxiety. And Jesus is risen and alive precisely to be always by our side. So we can say to Him: Jesus I believe You are risen and are by my side. I believe You listen to me. I bring to You what is disturbing me, my cares: I have faith in You and I entrust myself to You."

Then there is a second remedy for anxiety, which Jesus expresses with these words: "In my Father's house there are many rooms. [. . .] I go to prepare a place for you" (v. 2) See, what Jesus has done for us: He has reserved a place for us in Heaven. He took our humanity upon Himself to take it beyond death, to a new place, in Heaven, so that where He is we can also be. It is the certainty that consoles us; there is a place reserved for each one. There is a place also for me. Each one of us can say: there is a place for me. We don't live without an end, without a destination. We are awaited; we are precious. God is in love with us, we are His children. And He has prepared for us the most worthy and beautiful place: Paradise. Let's not forget it: the dwelling that awaits us is Paradise. Here we are passing; we are made for Heaven, for eternal life, to live forever. Forever: is something that we are not even able to imagine now. However, it's more beautiful to think that this *forever* will be wholly in joy, in full communion with God and with others, without more tears, without resentments, without divisions and anxiety.

However, how can Paradise be attained? What is the way? Here is Jesus' decisive phrase today "I am the Way" (v. 6). Jesus is the way to go up to Heaven; it is to have a living relationship with Him, and to imitate Him in love; it's to follow His steps. And I, a Christian, you, a Christian, each one of us Christians can ask ourselves: what way do I follow?" There are ways that don't lead to Heaven: the ways of worldliness, the ways of self-assertion <and> the ways of selfish power. And there is the way of Jesus, the way of humble love, of prayer, of meekness, of trust, of service to others. It's not the way of *my prominence*; it's the way of *Jesus, protagonist of my life*. It's to go forward every day saying to Him: "Jesus, what do you think of this choice of mine? What would you do in this situation, with these persons?" It will do us good to ask Jesus, who is the Way, the pointers for Heaven. May Our Lady, Queen of Heaven, help us to follow Jesus, who opened Paradise for us.