

## Fear and Intimacy

This bronze shows the young John pointing as if responding to a question or pointing the way. There was anxious anticipation amongst the Jews about the coming Messiah. Yet, we have no reason for anxiety.

Anxiety comes from fear of the unknown. When we're unsure of how things will turn out, we get anxious. When we lack control or can't plan for our security, we get anxious.

Fear and anxiety are the enemies of intimacy and love. Fear makes us run far enough away so we feel removed from danger, safe from the aggressor. Or it drives us to hold someone, seeking strength in attachment. But fear doesn't create space for true intimacy. It either creates excessive distance or suffocating closeness.

John didn't want to create fear or caution of God. Rather, he wanted to open hearts to receive God in love. Ours is not a God of fear, but of love.

In Jesus' Incarnation, he shows just how much he wants to be with us. He comes to make his home among us, while waiting for us to accept him and make room for him. He doesn't force, but comes with patience and love.

Knowing that he loves and wants the best for us, we merely need to make ourselves known to him by revealing our deepest needs to him with prayer.

John the Baptist came to prepare the path for the Messiah, and many responded by asking, "What should we do to prepare?" Put aside anxiety and fear, simply prepare a home for him, and then let him in.

—Fr. Mark Haydu, LC

### *For Reflection*

*What causes me fear or anxiety?*

*Can I give my anxiety to Jesus and ask him to bring me a greater sense of peace this Christmas?*



*Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.*

*Philippians 4:6*