

Monday 15 July

Today is Monday the 15 July, in the Fifteenth Week of Ordinary Time.

The community of Taizé sing, Nada te turbe: ?Let nothing trouble you or make you afraid. Those who have God will lack nothing. God alone is enough.?

Today?s reading is from the Book of Exodus.

Today?s reading takes us into the difficult world of fear. It puts before us a cycle of dread and oppression... which has the most extreme consequences. There is an invitation here ? to look at how fear operates in my life so that maybe I can unmask and defuse it. But first let your mind conjure up an imaginative portrait of those Egyptians.

See them as they go about their daily lives ? notice how they come across the Israelites ? Listen to them express their fear that they are about to be swamped in their own country... watch how hostility is born and grows?

The story gives us lots of detail about how Egyptian attitudes were hardened ? and even manipulated. As you listen again, keep your ears open for some of the contributing factors which can turn fear into cruel oppression. You might start to notice echoes from your own life experience?

This has been a challenging reading to start the week. Maybe it has thrown up memories or reflections which leave you feeling raw. Take a moment to talk them through with the Lord, trusting in His infinite mercy and love.