

## **Commentary on the Gospel for Sat, Jun 23rd 2012**

What is the difference between anxiety and fear? It is a matter of usage; people tend to use the word 'anxiety' in preference to 'fear' when it is a question of unlocated fear – a vague disquiet that goes looking for a reason to be fearful when there is none at hand. Or it is used to refer to impotent fear: when there is nothing you can do, when even running away is useless, because everything is out of your hands. If anxiety stays with you habitually it becomes part of you; it gets to be like a second skin, coming between you and everything you do. If you are an anxious person, put a large red "X" on today's reading and come back to it again and again!

Bible Diary - CMF