

28 FEBRUARY

- 1 The words *“Do not be afraid”* appear 366 times throughout the whole of the Bible - as though it is a daily message for each day of a leap year. *“Do not be afraid”* is a very basic message of the Bible.
- 2 The angel tells Mary not to be afraid when she is asked to be the mother of Jesus. Joseph is told not to be afraid, but to take Mary as his wife, and the shepherds in the fields were told not to be afraid.
- 3 Jesus calls Simon Peter to follow him, telling him not to be afraid. When Jesus walks on the water towards his disciples in their boat, he sees what they are like and says: *“Have courage, don’t be afraid; it’s me!”*
- 4 Jesus says: *“No one is forgotten in God’s sight. There’s no need to be afraid, because you are precious. Don’t worry about the future.”* When Jesus rises from the dead, he says to his friends: *“Don’t be afraid...I leave you my peace.”*
- 5 Let’s pause for a moment in silence, remembering that God calls each of us by name and tells each of us not to be afraid. Let’s pause for a moment and each simply repeat those words in silence a few times - *“Do not be afraid”* - starting with our own name.

(pause...)

 Lk 1³⁰ - Mary;
Mt 1²⁰ - Joseph;
Lk 5¹⁰ - Simon Peter;

 Lk 14²⁷ - water;
Lk 12⁷⁻³² - precious;

 Mt 28¹⁰/Jn 14²⁷ - resurrection)

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:

www.prayingeachday.org