

Convinced

Vashti Holden is a parishioner from my former parish, Saint Francis de Sales, in West Philadelphia. I checked in on her from time to time during the pandemic to confirm that she was safe and had enough to eat.

When I asked her about her faith in Jesus, she began to laugh and responded, “I don’t *believe* God loves me; I *know* God loves me!”

I loved visiting Vashti simply because she was so *convinced* of God’s love for her. And her conviction helped to convince me.

Saint Paul, in his letter to the Romans, writes that he, too, was *convinced* that nothing could separate him from the love of God. Paul, like Vashti, had been through a lot – shipwrecks, floggings, hunger, stonings, imprisonment and, ultimately, martyrdom.

But through it all Paul remained *convinced* that God loved him.

How about us? How can we become *convinced* of God’s love for us? I’d like to suggest just a few things to consider; they are things that help me.

First, listen to people who are convinced of God’s love for them. My experience has taught me that those who have suffered the most have the most to offer.

Second, look back on your own life and consider the many times God has been there for you. Sit down in a quiet space and make a list of what God has done for you.

Finally, take in the beauty and power of Creation and give thanks to the Creator.

Friends, there’s nothing we can do to stop God from loving us. We just need to do our part to become convinced!