

## The angel speaks to Joseph in a dream

'...an angel of the Lord appeared to him in a dream and said, 'Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit.' (Matt.1:20)



### A Reflection

Joseph had resolved to step quietly away, to protect Mary from shame. She could have been stoned to death for adultery. Joseph hadn't wanted that. He must have felt confused and hurt. It's a wonder he could sleep, but sleep he did, and as he surrendered himself to slumber God spoke to him through an angel.

*"Joseph, son of David, do not be afraid."*

Joseph had been addressed by name, and by his father's name, as if to confirm the message was for him. The words that followed were simple and clear. They must have cut through any deep anxiety or confusion Joseph had for he rose the next morning to take Mary as his wife.

His fear gone, Joseph moved on, in full confidence that he was doing the right thing, even though it didn't fully make sense. He must have known in his heart it was right. The day before he had been anxious, worried, confused and hurt. The following day he was brimming with certainty and hope, and a peace reigned in him that dispelled his fear. It was gone.

We all have times in our lives when we feel fear. What one person may find fearful you may not, and vice versa. Whatever the situation, if we're fearful of it we must share it with God, invite Him into our fears, tell Him what they are and give them over to Him. It may help us to imagine Jesus standing between us and what or who makes us afraid. With Him we have no reason to be afraid of anything or anyone.

Are you afraid of something or someone? Is there a fear that lies within you? Perhaps take this time to share it with Jesus and tell him how you feel. It may help you to imagine Him



standing between you and the source of your fear.

God's words are often simple and clear. Can you recall a time when God spoke to you, in word, or feeling, or sense?

### **A Prayer**

God of dreams and quiet whispers,  
You spoke to Joseph in the night,  
calming his fear and guiding his steps.  
Speak to me in my rest,  
remind me not to be afraid,  
and give me courage to trust you.  
Amen.