

## HOMILY 4<sup>TH</sup> SUN OT YRB 2018

I think we are all familiar with Sigmund Freud and his groundbreaking work in the area of psychiatry. He explored the unconscious and was able to explain much of the abnormal behavior of his patients. His work was very important. Sigmund Freud was a cigar smoker and he died of throat cancer. He knew that smoking caused cancer. He had a lot of knowledge about the unconscious, but he was unable to quit smoking. He had some knowledge but he did not have the power to quit smoking. In fact, that is where his work was incomplete. Knowledge of what causes the problem is not enough. We also need insight on how to treat illness and change our behavior and the power to make it happen.

The Gospel reading today is early in the public ministry of Jesus, and he illustrated the two main things that his ministry consisted of, teaching and healing. First of all we hear that the people were astonished because Jesus taught with authority, not as the scribes. The scribes were experts on the law and they were able to cite the law and explain it, but they were not helping people to follow the law or incorporate it into their lives. Jesus took this a step further. Jesus had great knowledge of and understanding of the law, so much so that he was able to understand exactly how it applied to people's lives and he was able to illustrate how it applied to life by how he behaved. This takes a great deal of wisdom, which he possessed. Jesus teaches us and we need to develop wisdom to apply his wisdom to our own lives. Jesus also drove our demons. He created the universe and he has the power to heal us. The power of Jesus is stronger than the power of evil. Jesus teaches and heals, but he does not overpower us. We need to be open to his teaching, open to changing our lives. We have to be open to being healed and willing to do the things that we need to do to be healed. That is how we gain wisdom. Freud had some knowledge, he wanted to be healed, but he did not have the power to do that. I have come to realize that all healing comes from God. We need to do our part, we need to be open to healing,

but we need God. Freud was an atheist most of his life. He could not do it on his own and neither can we.

I have been thinking and praying a lot about addictions recently, since it seems to be such a big problem. One of our parishioners gave me some really good information this week, so I want to share it with you. Addiction is a disease. In terms of drug addiction, there are three types of brains. Brain #1, you try a drug when you are with people and you do not like it so you think that you will never do it again. Brain #2, you try the drug, you like it and may do it again, but you don't think much about it. Brain #3, you try the drug, you love it, and you are seeking to use the drug again. This is the brain that has the addiction gene. And it does not take a long time to become addicted. It can happen very quickly. It may take some time to destroy your life, but you can become addicted very quickly. Do you want to take that chance and open yourself up to a whole lifetime of addiction? I think we can apply this to a lot of addictions. We all have our areas of weakness where we can become addicted. God can help us to be healed.

Another big addiction today is pornography. This is an adult topic, so I am not talking a lot about it today, but did you know that a child's first exposure to pornography is 8 years old. That means some of our children are being exposed earlier. We need to start talking to our children before their first exposure. They are not seeking it out at that age, and they cannot name it, but they will be exposed to it. Discussing pornography with a child seems to be a daunting thing, but this is what you need to tell them. If you see pictures of or parts of people's bodies that are normally covered by a swim suit, you need to tell me. You will not get in trouble, but you need to tell me. There is something about pornography. The child does not know what it is but they do get the sense that something is wrong so they may not tell you. Many of our young people are addicted by the age of about 14. Do you want to take that risk?

Jesus teaches and he heals. We need him for both.