

Theme of the Week - Do not be afraid

In the Gospel on Sunday, we the account from St Mark of a storm at sea and it showed the disciples in a state of panic and not knowing what to do. They failed to realise that Jesus was by their side and He would look after them. We then hear Jesus give a simple instruction that leads to something utterly amazing happening (a miracle) and the disciples asking what kind of person is Jesus. *'Even the wind and waves obey him.'*

In the Gospel, Jesus suggests to his followers that they cross the lake to the other side. The sun has set and soon it would be nightfall. The lake would normally be calm, but it was subject to sudden winds that broke upon the lake and whipped up the waves. It wasn't the smooth plain sailing the disciples had hoped for and this is similar to our own lives. We are caught up in stormy weather, things in our lives sometimes happen when we least expect it. It is at this point we may ask ourselves, what do you do in your time of need or when you are scared things are going to go wrong?

Our life is a journey with Jesus. We have invited Jesus into our boat - into our life - and there are many times where our voyage does not go to plan.

If we panic too much we cannot always hear Jesus helping us to weather the storm until things calm down a bit. Then we realise that with God in charge we don't actually need to be so terrified. It is clear that St Mark intends the raging sea to be a symbol of the forces of evil. The disciples wake Jesus with an accusation - **"master do you not care we are going down!"** After calming the sea and their fear, Jesus rebukes them for their great fear and small amount of faith; it is then that the question arises "Who then is this man?"

The words Jesus addresses to the sea are words he uses to drive out devils; words that could be addressed to a barking dog: **"Quiet now! Be calm!"** Jesus' miracles are not designed to produce the spectacular, but to restore things to normal.

We know who Jesus is. However, the question remains for us, will our faith in Jesus stay with us even during threat, danger and storm? The disciples experience is not unknown to us. We believe that Jesus accompanies us on our journey to God. To journey with Him is to journey through storms rather than around them, we must nurture a strong belief that there is no storm that Jesus will not calm. Jesus is always with us, he has the power to calm and make smooth these storms to in our lives. All he asks in return is never to give up that faith in Him.

Do not be afraid

Weekly Reflections
23rd June 2024



A reading from the Gospel of St Mark 4:35-41

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

Prayer for the Week

Dearest Father,

We thank you for your continued guidance especially in our more difficult times. Calm the waters that surround us and give us the strength to persevere so we can grow in faith.

Through Christ Our Lord

Amen



Catholic Social Teaching of The Common Good

Our actions have an impact on everyone around us. When we make decisions, we should consider the good of all. The common good is about respecting the rights and responsibilities of all people and leaving no one behind. We work to build a world where everyone can flourish. Ultimately, no one can truly flourish if another person is hungry, lost, abandoned or scared. Watch the video on The Common Good and state what you can do to take away fears others may have.

How can you be:

Intentional and Prophetic.

Day 1

How might you react if sailing in a small boat and you enter a storm?

Why is our life similar to a sailing on a boat?

Day 2

Why do we panic in situations if we know Jesus is in our lives?

Why do you think Jesus rebukes the disciples with their fears?

Day 3

Jesus is seen in us from our own positive actions and words to others. If we see someone shaken inside by worries, fear, anger or trouble how can you show Jesus to them and calm the storm inside them?