

June 23, 2024



WHY ARE YOU TERRIFIED?

By Sr. Christine Hilliard, CSJ

Today's Gospel

On that day, as evening drew on, Jesus said to his disciples: "Let us cross to the other side." Leaving the crowd, they took Jesus with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, "Teacher, do you not care that we are perishing?" He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm. Then he asked them, "Why are you terrified? Do you not yet have faith?" They were filled with great awe and said to one another, "Who then is this whom even wind and sea obey?"

MARK 4:35-41

Reflection

On the western shore of the Sea of Galilee Jesus has been teaching the crowds using parables to illustrate their relationship with God and God's with them. The setting -- nighttime darkness plus a violent storm -- is familiar situation to those who pray the psalms regularly.

*As soon as I lie down, I fall peacefully asleep,
for you alone, O LORD, bring security to my dwelling.*

PSALM 4:9

*LORD, God of hosts, who is like you? . . .
You rule the raging sea;
you still its swelling waves.*

PSALM 89:9a,10

*You still the roaring of the seas,
the roaring of the waves.*

PSALM 65:8

*[The Lord] hushed the storm to a murmur;
the waves of the sea were stilled.*

PSALM 107:29

Ironically, our cry for help often arises out of confidence ... confidence in God's compassionate presence, which invites facing fear of storms and darkness -- not necessarily to make them go away, rather to lessen their power over us by focusing on God's intentions for us.



Lighthouse at Sunset
Photo by Ray Bilcliff

For Pondering

- Identify a “storm” or “darkness” in your life (i.e., your “boat”) right now. Let yourself be aware of God’s presence. What do you hear? How do you respond?
 - Choose one of the psalm verses above. Write it out on a piece of paper or an electronic device. Make it your prayer throughout the day and your final prayer at night. What has changed in you? What has God said to you?
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For Prayer

In Praise

*God, you’ve given me
the physical, emotional
and spiritual will
to overcome so many obstacles
that have risen before me.
How many times have I faced
what I perceived to be
impossible, hopeless situations*

*and withstood them ----
and discovered creative solutions
through which to surmount
and master them.
You've strengthened me
again and again.
I know that you
will never fail me.*

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