

July 2, 2024

# Daily Reflections



Center for Spiritual Development

## "SAVE US LORD, FOR WE ARE PERISHING!"

By Jane DeLisle, CSJ

### Today's Gospel

*As Jesus got into a boat, his disciples followed him.  
Suddenly a violent storm came up on the sea,  
so that the boat was being swamped by waves;  
but he was asleep.  
They came and woke him, saying,  
"Lord, save us! We are perishing!"  
He said to them, "Why are you terrified, O you of little faith?"  
Then he got up, rebuked the winds and the sea,  
and there was great calm.  
The men were amazed and said, "What sort of man is this,  
whom even the winds and the sea obey?"*

**MATTHEW 8:23-27**

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**Reflection**

The Psalmist wrote, “God never slumbers nor sleeps.” Through the incarnation, Jesus, on the other hand, is fully human. Here, he is sleeping on the job, I assume out of fatigue from teaching, healing, and walking everywhere. It happens to me, too. When I expend lots of energy, I need to take a little rest: a “cat nap” is required. And the nap is very renewing for the next step of the journey.

There are many times when life is stressful, and changes are required that unsettle me, especially when they seem to rise out of nowhere, like the storm at sea. I find myself wary of all the seeming drama and demands of my life. I think you can identify with the gathering storm and unrest that besets life in unexpected ways.

Our own times are filled with unsettling circumstances, events, and difficult people. The great unrest, divisions, and decline of our social and religious institutions often seem like a perfect storm. I need to rely on God’s desire for our good, and seek out healthy, life-giving relationships.

Listening to the voice of God and discerning to what I am invited to respond is crucial to living an engaged life in God. Relying on the power of the Holy Spirit to “calm the winds” of fear, doubt, anxiety, and general unrest necessitates “waking up Jesus,” who seems to be asleep. We are invited to live as people of faith in a God who loves us beyond imagining and strengthens us for life’s journey in storms and sunshine.

My heartfelt prayer is, “Jesus, wake up! I need you to calm the storm and show me the way through these difficult times. We need to work together to effect change for the good of all.”

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Silhouette Photography of Boat on Water During Sunset  
Photo by Johannes Plenio

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### For Pondering

- When have you called out to God, especially when fear, doubt, anxiety take hold?
  - How have you responded to God's companioning presence?
  - What is your heartfelt need currently in your life?
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### For Prayer

*Gracious God who desires my good:  
You have loved me into life and desire to surround me with your goodness.  
Please bring peace and calm to the storms I am facing  
and that of our world community.  
We need you to be awake to our reality.  
Teach me to trust in you,  
so that when the unexpected storms of life come,  
I will call upon you, knowing that you are near, you hear my cries.  
I trust that you are always with me and for me.  
You are God from whom all goodness flows.  
Amen.*

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