

The 12th Sunday of Ordinary time

Mark 4:35-41 Year B

Jesus Calms the Storm



https://www.youtube.com/watch?v=fiXV0D8PztU&list=R DfiXV0D8PztU&start_radio=1&rv=fiXV0D8PztU&t=0

A Reading from the Holy Gospel According to Mark

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.

The Word of the Lord

(Adapted from Mark 4:35-41)



Reflection:

Today, we hear about how, in the middle of a great storm, Jesus calmed the wind and the sea. He tells the disciples to have courage and to have faith

We can compare this Gospel to our own lives. Sometimes we feel as if our lives are very stormy...when we fall out with our friends, or our learning is difficult, or we are just having a grumpy day...

Like Jesus' friends, we might wonder why God is letting everything go wrong for us. If we feel that Jesus is 'sleeping', do we know Him well enough to wake Him and tell Him we are scared?

When we pray we can bring all our fears and worries to God.



Trust in the Lord
with all your .



Proverbs 3:5

Post-it Challenge:

'Why are you so frightened?

How is it that you have no faith?'

Jesus tells the disciples not to be afraid. They should know that God is always with them, especially in the difficult times.

- Why do you think Jesus' disciples were afraid?
- If you had been one of the disciples on that boat, with the wind blowing and the waves crashing, how would you have felt?
- How can you help your friends when they feel sad or worried?



Let us pray:

Be faithful in small things
because it is in them that
your strength lies.

-Mother Teresa



Lord, be with us when we
are afraid.

Help us face our worries
with faith in God's love and
protection.

Help us to be calm and
gentle with our friends
when they are feeling sad.

Amen

