

1. Read (Seek) — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate (Find) — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage. **God what are you saying to me through this?**

3. Pray (Ask) — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate (Taste) — Be quiet before the Lord enjoying His presence. **How is God calling you to act in response to what he has shown you?**

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[1] Augustine, Sermo 51

[2] ibid.

[3] Augustine, Sermon, 361

[4] Augustine, Sermo 51

[5] Fernandez, In Conversation with God 3, 98.3

[6] cf. ibid.

Quick Connect

What is the Gospel saying? Mark 4:35-41 — Pg. 1

What is the Church saying Past and Present? Pages 1-3

What is God saying to you through this passage? Page 4

Gospel Reading – Mark 4:35-41

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?”

Spiritual Reading – Office of Readings

Our Savior received a bodily anointing and so became a true king and a true priest. Both king and priest he was of his very self; a savior could be nothing less. Hear in his own words how he himself became a king: I have been appointed king by God on Zion his holy mountain. Hear in the Father’s words that he was a priest: You are a priest for ever in the line of Melchizedek. Aaron was the first under the law to be made a priest by being anointed with chrism, yet the Father does not say, “in the line of Aaron,” lest it be believed that the Savior’s priesthood could be passed on by inheritance, for at that time Aaron’s priesthood was transmitted by lineal descent. But the Savior’s priesthood is not inherited because this priest lives on for ever. Therefore Scripture says: You are a priest for ever in the line of Melchizedek.

There is, therefore, a savior in the flesh who is both a king and a priest, though his anointing was not physical but spiritual. Among the Israelites, those kings and priests who were actually anointed with oil were either kings or priests. No man could be both king and priest; he had to be one or the other. Only Christ was both king and priest; because he had come to fulfill the law, he alone possessed the twofold perfection of kingship and priesthood.

Those who had been anointed with the oil of kingship or priesthood, although they received only one of these anointings, were called messiahs. Our Savior, however, who is the Christ, was anointed by the

Holy Spirit so that the passage in Scripture might be fulfilled: God, your God, has anointed you with the oil of gladness and raised you above your companions. The difference, then, between the one Christ and the many Christs is in the anointing, since he was anointed with the oil of gladness, which signifies nothing other than the Holy Spirit.

This we know to be true from the Savior himself. When he took the book of Isaiah, he opened it and read: The Spirit of the Lord is upon me because he has anointed me. He then said that the prophecy was fulfilled in the hearing of those listening.

Peter, the prince of the apostles, also taught that the chrism which made the Savior a Christ was the Holy Spirit; that is to say, the power of God. When in the Acts of the Apostles Peter spoke to that faithful and merciful man, the centurion, he said among other things: After the baptism which John preached, Jesus of Nazareth, whom God anointed with the Holy Spirit and with power, started out in Galilee and traveled about performing powerful miracles, and freeing all who were possessed by the devil.

So you see that Peter too said that Jesus in his humanity was anointed with the Holy Spirit and with power. Thus Jesus in his humanity truly became the Christ. By the anointing of the Holy Spirit, he was made both king and priest for ever.

Prayer in the Midst of Storms – Lesson and Discussion

“Do you not yet have faith?”

In the previous lesson “Jesus in Control”, we hear of God’s power and authority over everything including nature. He is also in control of our souls, even when we are in the midst of the storms of life. On a deeper level, the storm that rages is like the storms that can rage in our lives. “All of God’s children embark with Christ on a life that is full of dangerous storms, especially attacks from evil spirits and temptations of the flesh. We must learn to trust in Christ daily, since he alone can restrain these forces and bring us to the safe harbor of salvation.”[1]

What kinds of storms do we face? It is different for each person, but we definitely all face storms. St. Augustine said, “...man in this life is encompassed with perils, arising from the temptations of hell – from the occasions of sin, from the scandals or bad counsels of men, from human respect, and above all from the passions of corrupt nature...”[2]

How do we overcome the storms in life? We overcome them through prayer. Prayer is when we reach for God instead of reaching for ourselves. “Christian, Christ is sleeping in your boat. Wake him, and he will rebuke the storm and peace will be restored.”[3] Some other practical advice would be “...when you find yourself assaulted by a violent passion...take whatever you can to avoid the occasions [of sin]

and place your reliance on God...: when the tempest is violent, the pilot never takes his eyes from the light which guides him to port. In like manner, we should keep our eyes always turned to God, who alone can deliver us, from the many dangers to which we are exposed.”[4]

Discussion Questions

What storms have you prayed through?

How did God calm the storm in your heart and soul?

What if the storm does not stop? We must remember that everything God wills is good and thus good for our souls. “Worry, fear and cowardice arise when our prayer weakens. He knows well enough everything that is happening to us. And if need be, he will rebuke wind and sea, and a great calm will be established, and his peace will flood into us. And we too will be filled with awe like the apostles.”[5] More than anything we must always have an attitude that seeks forgiveness and calmness. Many times, the storms in our life are because of other people who have done something to us and we allow ourselves to be wrapped up in drama. We should not sit in our own hatred and storms but seek to forgive our neighbor for whatever they have done because they too have God who is with each of us.[6]