

## TWELFTH SUNDAY IN ORDINARY TIME

June 23, 2024

### Gospel: (Mark 4: 35-41)

One day as evening drew on Jesus said to his disciples, "Let us cross over to the farther shore." Leaving the crowd, they took him away in the boat in which he was sitting, while the other boats accompanied him. It happened that a bad squall blew up. The waves were breaking over the boat and it began to ship water badly. Jesus was in the stern through it all, sound asleep on a cushion. They finally woke him and said to him, "Teacher, doesn't it matter to you that we are going to drown?" He awoke and rebuked the wind and said to the sea: "Quiet, Be still!" The wind fell off and everything grew calm. Then he said to them: "Why are you so terrified? Why are you lacking in faith?" A great awe overcame them at this. They kept saying to one another, "Who can this be that the wind and the sea obey him?"

### Reflection:

Jesus asks the question, "Why are you terrified?" It would seem rather obvious—a violent squall came up and the waves were breaking over the boat. These men were fishermen; they knew the perils of the sea. What they hadn't learned fully yet was who Jesus is—the One whose presence, in the midst of peril, we recognize and trust. The faith to which Jesus calls the disciples is that Jesus does care. He responds to their terror and delivers them. Jesus' care is ever with us because he is always present to us. The challenge during our Christian journey is to believe in his presence and to trust in his care. (Living Liturgy, p. 158)

### Vincenian Meditation:

"Quiet, Be Still!" If we could absorb the spirituality of that single line of the gospel, there would be much more peace in our lives. We spend so much time fretting about the future because we have not learned to "be still"...to wait on the Lord. "Why are you so terrified? Why are you lacking in faith?" During the storms of our lives we must learn to patiently wait for the Lord. St. Vincent's insistence on the wisdom of making decisions slowly and of not anticipating the Providence of God was the fruit of knowing how to wait on the Lord...how to listen, how to be "quiet and still." The grace of waiting on the Lord, and acting only when we have clear signs of the direction that He wants us to take, can bring much peace and serenity to our souls. (McCullen, *Deep Down Things*, p. 182)

### Discussion: (*Share your thoughts after a moment of silence*)

**How have you learned to be "quite and still" and wait on the Lord?**

### Closing Prayer:

Jesus, be with us in our journey,  
**Teach us to how to be quiet and to be still.**  
Jesus, be with us when we are afraid,  
**Teach us how to trust in your care.**  
Jesus, be with us as we make decisions,  
*Teach us the wisdom of trusting in your Providence. Amen*

