



Daily Reflections

January 9, 2019

Scripture

Mark 6: 45-53

After the five thousand had eaten and were satisfied, Jesus made his disciples get into the boat and precede him to the other side toward Bethsaida, while he dismissed the crowd.

And when he had taken leave of them, he went off to the mountain to pray.

When it was evening, the boat was far out on the sea and he was alone on shore. Then he saw that they were tossed about while rowing, for the wind was against them.

About the fourth watch of the night, he came toward them walking on the sea.

He meant to pass by them.

But when they saw him walking on the sea, they thought it was a ghost and cried out.

They had all seen him and were terrified.

But at once he spoke with them,

"Take courage, it is I, do not be afraid!"

He got into the boat with them and the wind died down.

They were completely astounded.

They had not understood the incident of the loaves.

On the contrary, their hearts were hardened.

Our Scripture Reflection

One of the earliest images for the Church in art was that of the boat, thanks to today's Gospel text. After the death and resurrection of Her Lord, the early Church went through many periods of terrible persecution. Members felt as though they were in a boat amidst turbulent waters. But they knew the Lord was near. The cry of the Apostles in the boat became their prayer: "Lord, save us", and He did.

Food for your Journey

"Do not be afraid" means more than "rest easy." It implies something like "take heart," "have courage," "be open and willing to receive what is coming," "get ready for the new thing that God is about to do in your life." It is an invitation to welcome rather than retreat from divine favor and the new future that goes with it. That is not always easy. Easier to stick with the tried and familiar. Easier to complain than to try a new remedy. Easier to live with known disappointments than to venture into unknown possibilities. Easier even to keep fighting the battles that we know than to undertake a whole different approach to living.

—Byron C. Bangert, "Meditation for Advent,"

A Prayer from the Heart

Dear Jesus, Be with me during those times when life can be so difficult. During those turbulent times, keep me calm and trusting in You. Amen