



Daily Reflections

January 30, 2021

Scripture

Mark 4:35-41

And he saith to them that day, when evening was come: Let us pass over to the other side.

And sending away the multitude, they take him even as he was in the ship: and there were other ships with him.

And there arose a great storm of wind, and the waves beat into the ship, so that the ship was filled.

And he was in the hinder part of the ship, sleeping upon a pillow; and they awake him, and say to him: Master, doth it not concern thee that we perish?

And rising up, he rebuked the wind, and said to the sea: Peace, be still. And the wind ceased: and there was made a great calm.

And he said to them: Why are you fearful? have you not faith yet?

And they feared exceedingly: and they said one to another: Who is this (thinkest thou) that both wind and sea obey him?

Our Scripture Reflection

The disciples had already witnessed Jesus healing many who were sick and casting demons from those who were possessed. So why the lapse in faith when a storm suddenly came up while they were in a boat? Please notice Jesus' posture. He is asleep in the midst of the violent storm! No storm could shake His inmost calm. Why? Because He trusted. He trusted in His Father's Presence and power. The disciples have a way to go in developing trust. But that day would come.

Food for your Journey

Where I live, it is hurricane season. And like anyone familiar with the Atlantic or Caribbean knows, it's important to be prepared for a hurricane. Every summer we stock up on supplies of batteries, water, canned goods and other necessities. We make sure to keep our tree limbs trimmed. We map out where we will go in the case of an evacuation.

However, like many who live near the coast, we can get lax in our preparations. When it's been a few years since the threat of a storm, we let our stock of supplies go. Though the meteorologist warns us every year to be prepared, too often we prefer to wait until there actually is a storm churning out on the horizon.

That's what happened the year I was nine months pregnant and two category-3 storms hit our coastal town. The stores were crowded with people buying food and water. I scrambled to figure out where to go and what to take with me. The lines at the gas stations were long. And after the storm, when everyone was without power for weeks, the realities of the need for storm readiness hit hard.

It seems like common sense to prepare ahead of time for a hurricane, tornado or blizzard. How about the storms of life? Should we prepare in advance for periods of trial and suffering?

I believe that it is important to prepare our minds and hearts for the inevitable trials of life.

Without a theological foundation in place for how to face such storms, we are at greater risk for being blown over by the fierce winds of suffering when they arrive.

What does it mean to have a theological foundation? It means having a theology of suffering: knowing what we believe and why about God, his sovereignty, and the hardships we experience in this world.

--Christina Fox, "Preparing for the storms of life," *Desiring God*, desiringgod.org, June 25, 2014. Retrieved December 31, 2017.

A Prayer from the Heart

Dear Jesus, Having Faith never meant that I was exempt from trial and suffering. You never promised my life would be without a storm. You showed me, instead, that You would be with me during the storm. Help me, Lord, to live in the trust that no matter what happens, You will be there. Amen