

All at Sea

Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy, try and pick out something to take with you in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

Bible Verses

Mark 4:35-41

Wind and Wave Obey Jesus

³⁵ On the same day, when evening had come, He said to them, "Let us cross over to the other side." ³⁶ Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. ³⁷ And a great windstorm arose, and the waves beat into the boat, so that it was already filling. ³⁸ But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do you not care that we are perishing?"

³⁹ Then He arose and rebuked the wind, and said to the sea, "Peace—be still!" And the wind ceased and there was a great calm.



Reflection

I enjoy looking at the sea when it is rough. From the shore I can enjoy the impressive power of the waves while remaining in control of events. Sailing on a rough sea would be something else entirely and I would certainly feel frightened and unwell! Not in control at all.

The uncertainties of our current situation may feel something like that, so that within ourselves we feel, 'all at sea' – perhaps insecure, unsteady, sad and missing the activities and the people who help us feel we are on solid ground. Deep waters have long been associated with strong emotions. But in that boat in the midst of the storm, with water flooding in, Jesus was in charge and his words, 'Peace, be still' rang out over the water. I wonder if he spoke in loud commanding tones or just quietly. Perhaps quietly was enough.

You might imagine yourself in the boat, afraid, with wind and waves lashing around you and then hear Jesus' words and allow yourself to respond to them as the sea calms.

Even once the storm had calmed, the disciples would still have felt wet and bedraggled and had to bail out the rest of the water from the boat. This could remind us that we need to do practical things to keep organised, useful and occupied, so that we have a sense of purpose to our days and keep as well as possible in these challenging times.

Now that we tend to make our longest journeys by plane, we may think of the sea as being more of a barrier than a link between peoples. However, in the past, for thousands of years, water was a vital link and often easier to cross than travel overland. So maybe the deep waters in which we find ourselves at the moment might also be seen as a link between people. Think of the new ways that people are being brought together by technology and in helping others. Generosity and kindness are shown and new relationships built up, as help is offered and received. Now, instead of 'bye' or 'see you' people say 'stay well' or 'stay safe'. Much work, formally little acknowledged is appreciated and valued in a new way. Are there other positive changes which you feel are important?

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