



Shine

20TH JUNE 2021
12TH SUNDAY IN
ORDINARY TIME

SCRIPTURE
MARK 4:35-41



That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

He said to his disciples, "Why are you so afraid? Do you still have no faith?"

They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Reflection

Jesus and the disciples are caught in a terrible storm in our Gospel today. The storm symbolises chaos, upset and hurt. Things which we all experience in our own lives. It is at those times we can either feel far away from or close to Jesus, or sometimes a mix of the two.

The disciples felt like Jesus did not care, they did not show faith in Him. However, it can be through these tough times that our faith can grow as we turn to Jesus to ask for help, to speak to Him and trust that He will give us an answer to our troubles. We have to remember that through Him we are made new.

ACTIVITY

Calm in the Storm

Around us people are struggling for a variety of reasons, they might not have enough food, money or be able to do certain things.

Think of a way that you can help, this could be by giving money to a charity, food to the local foodbank or giving someone some of your time to help them with a job.

Find a way to help someone who is struggling this week.



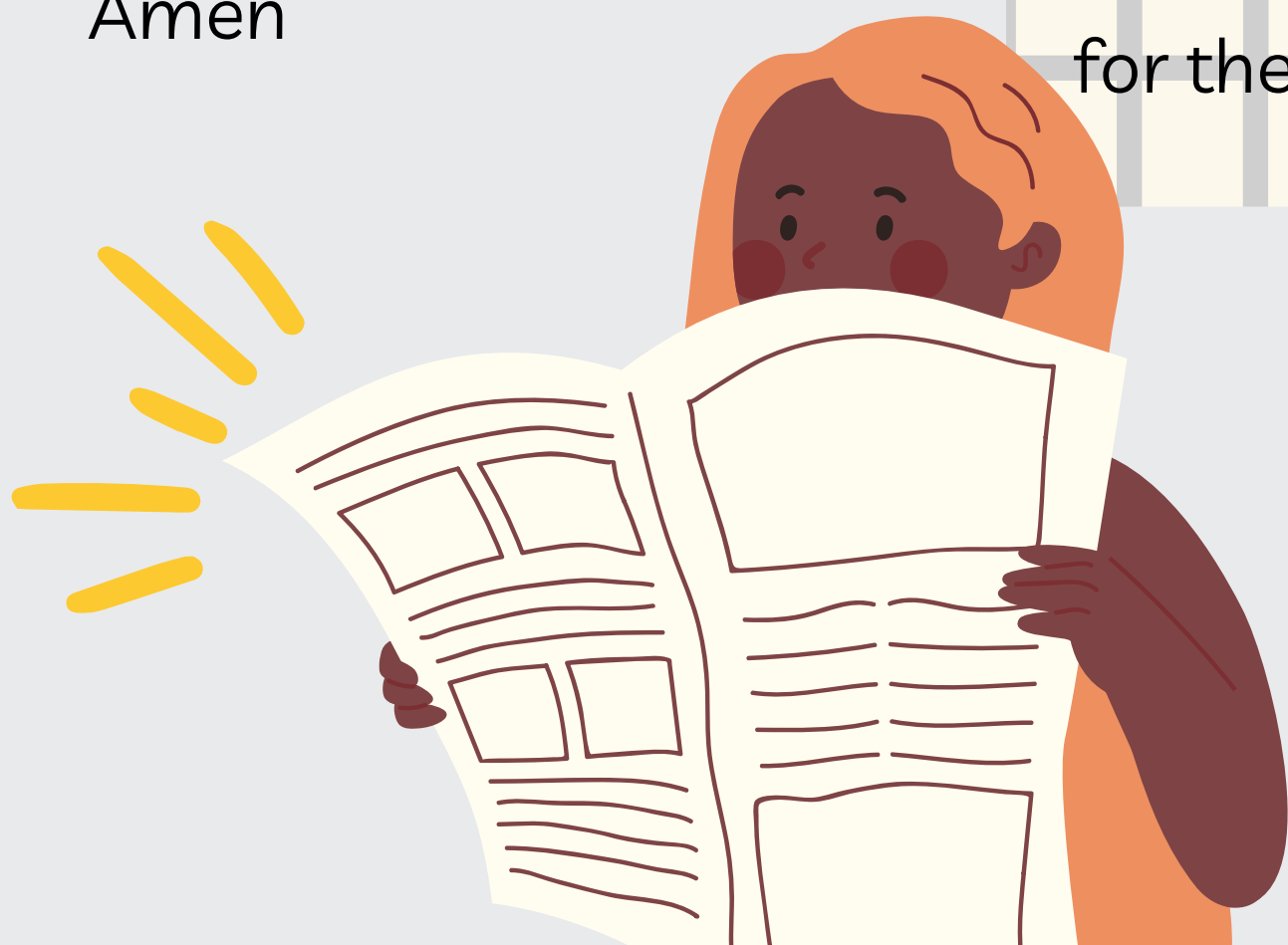
Prayer

Lord Jesus, thank you for always being with me. In times of trouble, help me to turn to you and have faith.

May I always be attentive to your words and not be afraid.

Fill me with your never-ending love and peace in times of difficulty and help me to always trust in you.

Amen



CHALLENGE

There are so many things going on in our world now and for a lot of the situations there is not much practical help we can offer, but we can always pray.

Have a look at the local, national, or international news and pray for the troubles in our world.

Or maybe, you know people who are going through a tough time, pray for them...let them know you are praying for them too, it will mean a lot to them!