

Advent Reflection Resources

Week 1 - Jesus Calms the Storm



The Bible Passage

On that day, when evening had come, Jesus said to them, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

~ Mark 4:35-41



Ways to enter the story

If you found the Ignatian gospel contemplation creative and energising, put yourself in the boat again and recreate the scene yourself. It might help to read or listen to the passage again.

If you find it hard to keep focused while imagining things, you could try writing your reflection down. Or maybe you're artistic, and you want to paint or draw something related to the story.

Here are some questions to ponder as you respond.

How do you feel in the midst of the storm?

Can you relax knowing you are in the presence of the Son of God?

How do you feel when Jesus seems not to care?

What does it feel like to watch the storm obeying Jesus' command?

Does this Advent feel like a storm, and do you know Jesus is with you?

Speak to Jesus about all this.

