

Trust in Me

Meditation For Adults

<u>Theme:</u>	Jesus Stills a Storm
<u>Scripture Focus:</u>	Mk. 4:35-41
<u>Sacred Space:</u>	Scripture opened at text Lighted Candle
<u>Music for the Meditation:</u>	Adagio, from String Quintet in C By Schubert
<u>Song at the end of the Meditation:</u>	Within Our Darkest Night Music of Taize

Introduction to Meditation:

It is important that if using the Adagio from Schubert's String Quintet that you have familiarised yourself with the music to ensure that the best possible use is made of this music in setting the scene for the calm and the storm.

Meditation:

Having attended to the preparation of the quiet time and when the group is ready read aloud the text from Mark of the **Storm at Sea**. Invite people to imagine that they have been invited to go on a fishing trip with Jesus and some of his other friends.

Imagine yourself getting into the boat. Notice where Jesus is sitting. Where do you choose to place yourself in the fishing boat? What are the fishermen discussing? Who do you talk to, listen to..... Evening is falling as the boat takes out to sea. Observe the coastline as you leave it behind, the stretch of sea that is Lake Tiberias, all of 21 km long and 12 km wide. Silence descends in the small boat. You notice that Jesus has fallen asleep. Maybe you too doze, lulled to sleep by the gentle movement of the boat, the lapping of the water, the cry of the seabirds.....

Gently introduce the **Adagio** playing it through to the end of the first section.

When the music changes tempo weave in the reflection between the rise and fall of music.

There is a lot of commotion. You become aware of the darkness that surrounds the boat. The fishermen seem very afraid. The waves are high and the wind is strong against the boat. They can barely manage to steer. What are your thoughts? How did you get yourself into this predicament? You could have so easily refused Jesus' invitation to join this fishing exhibition. What possessed you to come along! Why did you? Could it be that you wanted to simply be with him and now here he is - asleep, seemingly oblivious to

what he has got you into? How do you feel.... Angry, alone, rejected and so afraid... fearful of death that seems so near. Surely Jesus should have known better than to bring you right into the heart of this dangerous storm. How could he possibly leave you facing it alone while he sleeps.... His head on a cushion! There is nothing worse than feeling alone in times of fear, when there is no one with whom to share the pain. You remember Jesus' many words of encouragement "Do Not Be Afraid," "Come To Me," "Ask And You Shall Receive." But you are afraid. You need to go to him..... Shaking him you scream, shout, roar at him..... "Wake up! Wake up! Do you not see that I am going down"!

Allow the music to play though to the end, letting the silence that comes at the close of the music to tell its own story. When you sense the time is right continue with the reflection.

Jesus opens his eyes. He looks into yours. What does he see there? Is there anything left that you are hiding or could it be that in this moment of desperation that you let him know the real you. Nothing is held back in your need for him. "Peace, Be Still"..... And suddenly you know the peace that only he can bring. There is no mistaking it. How deep does it flow? What does it envelop? Is there anything in your life that it cannot touch? You look from his eyes to the sea of water and darkness. The wind has ceased. Calm has descended. "O me of little faith, why, O why do I get so afraid"!

Allow the group the silence they is needed to bring this meditation to closure and when you feel the time is right invite them to sing together the chant **Within Our Darkest Night**.

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