



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

WALKING ON WATER

By Sr. Jayne Helmlinger, CSJ

An Excerpt From Today's Gospel

Jesus made the disciples get into a boat and precede him to the other side of the sea, while he dismissed the crowds. He went up the mountain by himself to pray. ... Meanwhile the boat, already a few miles offshore, was being tossed around by the waves. ... Jesus came toward them, walking on the sea. When the disciples saw him walking on the sea, they were terrified. ... Peter said, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. When the winds grew strong, he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught him.

MATTHEW 14: 22-31

What I love about this depiction of Peter was his willingness to trust Jesus and step out of the boat. Yes, he faltered and started to sink; what is most important is he called out to Jesus and trusted in Jesus saving him. Don't we all have this "Peter" in us? It took courage and faith to step into a raging sea and begin walking on the water!

On the seas of life on which we sail, are there not times when our faith is tested? Who are we in those moments? Are we the other disciples who remained in the boat and didn't move toward Jesus? Perhaps you can recall a time when you did take the plunge; you trusted your faith in God to see you through a challenging time, and you "stepped out of the boat" and into the roaring sea.

Life has a way of sending waves of change, loss, confusion, and uncertainty upon us. It is how we respond that attests to our own faith. My prayer is that I remain open and trust that no matter what life brings, like Peter, I will step out and toward God, in trust and in hope of His fidelity and assistance. Will you join me?



LePuy-en-Velay, France
Photo by Sr. Jayne Helmlinger, CSJ

Boat Ride

Roar, raging seas, roar! I will not lose sight of my beloved.
No matter what harbor my ship throws anchor, my ultimate anchor is in you,
my God.

Roar, raging seas, roar! Navigating life is no easy task.

The winds of change can toss and churn even the most faithful among us.

Roar, raging seas, roar! Like Peter, we step outward in trust even if our interior terrain rolls with every wave, we will not lose touch with the shores of our faith.

For Pondering

- As you begin this day (or come to the close of your day), do you find yourself more aligned with Peter or with the disciples who remained in the boat? Spend time reflecting on your answer.
 - If you are more aligned with Peter, how might you nurture the trust and hope you have in the Lord?
 - If you find yourself more aligned with the disciples, pray for the courage to trust in the Beloved to direct your life this day.
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For Prayer

*O God of all creation,
we pray for the grace to roll with the waves of life that propel us forward.
If we find ourselves tossed by the waves of resistance,
let us drift with the riptide of trust
until we are free to follow you once again.
May we stay the course of our faith journey this day,
giving assistance to those being tossed about by the rugged seas of life.
Amen.*

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