

Solas Spiorad **Reflection Steps**

Thursday, March 24th
The Twentieth Day of Lent

*Not my worry --- but **Your Calm***

"*And then Jesus got into a boat, and His disciples followed Him. Out of nowhere, a vicious storm blew over the sea. Waves were lapping up over the boat, threatening to overtake it! Yet Jesus was asleep. Frightened (not to mention confused—how could anyone sleep through this?), the disciples woke Him up.*
Disciples: *Lord, save us! We're going to drown!*
Jesus: *Please! What are you so afraid of, you of little faith?*
Jesus got up, told the wind and the waves to calm down, and they did. The sea became still and calm once again. The disciples were astonished.
Disciples: *Who is this? What sort of man is He, that the sea and the winds listen to Him?" Matt 8:23-27 The Voice*

The Sea of Galilee from the Mount of the Beatitudes (photo above) has a calming effect in the color, light and meaning of this beloved site. Contrary to such stillness, the hills surrounding this large lake act like a venturi of a carburetor to greatly increase the velocity of winds across the lake – sudden and very harsh storms can occur.

A boat journey across the lake on a clear, low-wind day may ultimately encounter a violent storm - all clear, then disruption. Imagine a dark storm scene on the lake. We may have this dynamic play out in our own lives in any given day or year, or far longer – from serious illness, accident, job loss, a loved one's death, shattered dreams. There is no doubt there will be storms.

What permanent hills may increase the winds of worry in our lives? What large hills and higher winds might we create as a result of our own worry? How can we seek calmness to calm the storm within?

Holy Spirit, Calming Wind, sooth us in the waves of our storms, bring us to Your Shore. Amen. Acts 27:44

Solas Spiorad (meaning "Spirit Light" in Gaelic: solas = light, spiorad = spirit) Reflection Steps are a series of prayer petitions for each day of Lent, toward taking pause to see more of the Way of Christ – following Scripture as the guide, with some mystery of creation, sprinkled with questions. Thank you for taking a step today. Godspeed – John

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Coming tomorrow, March 25: When a Dove Flies