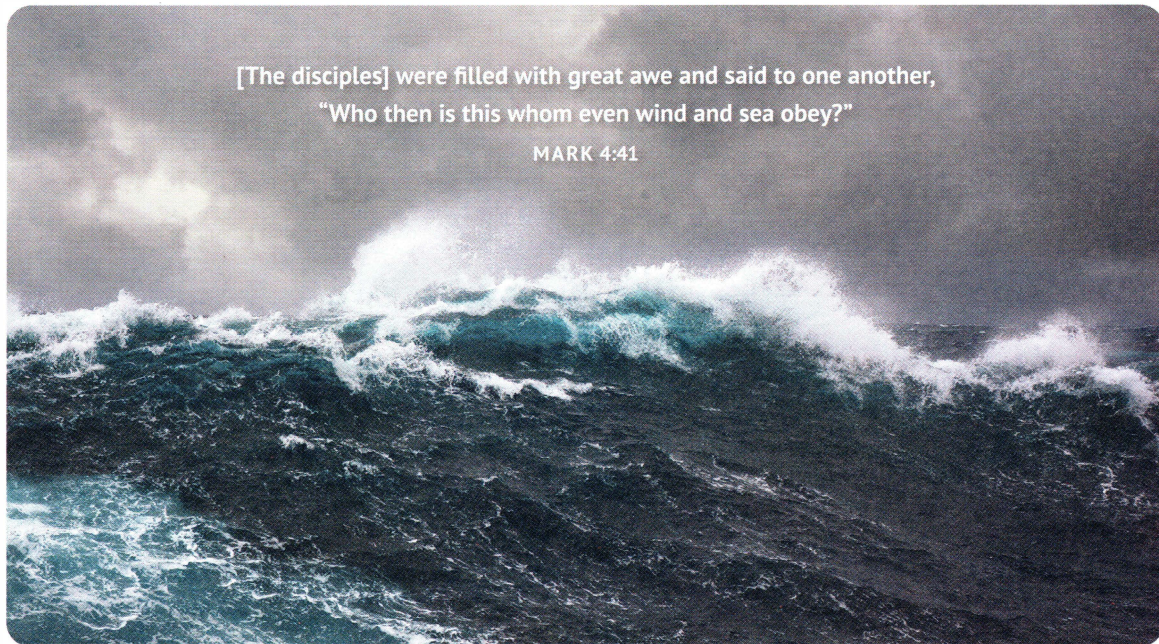




[The disciples] were filled with great awe and said to one another,  
“Who then is this whom even wind and sea obey?”

MARK 4:41



## Calming Our Storms

FR. JOSEPH JUKNIALIS

**T**he Gospels use images to help us understand the inner journey of our hearts and spirits. This Gospel story of being swamped by a storm is also about the storms of daily living and how they can bring us to faith. “As evening drew on” suggests those times in life when we move into darkness and confusion. These moments may occur when “we cross to the other side” of life—from childhood through adolescence and into adulthood, through sickness until we find healing, from raising a family to being empty-nesters, the stress we seek to manage through the upheavals of life—all times when we can feel overwhelmed by what we cannot control.

The Gospel today suggests: 1) Confronted by the question, “Why are you terrified? Do you not have faith?” it submits that it is God who calms our storms and not we ourselves. 2) The Gospel story is more about bringing calm and peace into our stormy inner turmoil than about fixing the outer turmoil with which we may be struggling. 3) The inner calm usually comes at the point of surrender, when we fear the worst because life is beyond our control: “Do you not care that we are perishing?” 4) Though our inner storm grows calm by surrendering to God through faith, the events of our outer storm may continue to be present, yet those events lose their power to overcome us when we accept that God is in control, not us. ●

### Reflect

***Have you ever found peace by surrendering your attempt to control your life?***