

EXPLORING THE SUNDAY GOSPEL

HANDS

EXPLORING NEXT SUNDAY'S THEME

Introducing the Gospel

Stilling the storm (Mark 4: 35-41)

The opening chapters of Mark's Gospel portrayed Jesus as one who has authority over the powers of evil. In chapter one, Jesus said to the man with an unclean spirit 'Be silent.' Now the same Greek word is addressed to the storm, translated this time 'Be still.' In both cases the result is instantaneous and peace is restored. Peace is that context in which God's will for the creation is realised. Jesus says, 'Peace! Be still!'

Our image to stimulate reflection on Mark's account of Jesus bringing peace to the storm is *hands*, since hands communicate the sign of peace within the eucharistic liturgy.

Core extract from the Gospel (Mark 4: 37-39; for reflection throughout the week)

A great gale 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.

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you brought peace to the storm.
Teach us to turn to you
when our lives are stormy and rough,
that we may hear your words of peace
and experience your calm in our hearts;
today and every day.
Amen.

READING NEXT SUNDAY'S GOSPEL

Mark 4: 35-41

Jesus Stills a Storm

On that day, when evening had come, he 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 gale 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?'

ENGAGING WITH THE THEME

Dwelling with the text (Mark 4: 3-41)

Begin exploring Mark's account of Jesus bringing peace to the storm by employing the SIFT approach of Sensing, Intuition, Feeling, and Thinking. You may find that one of these approaches comes easier to you than the others. But it is worth trying all four.

- What details in the passage catch your attention (Sensing)?
- What big ideas in the passage spark in your mind (Intuition)?
- What most touches your heart in the passage (Feeling)?
- What most stretches your mind and makes you think in the passage (Thinking)?

Thinking and talking

Identify topics within the passage that can get you thinking and talking. Here are some ideas to get you started.

- What is the significance of the boat already being swamped?
- How did Jesus manage to sleep through the storm?
- Why did Jesus *rebuke* the wind?
- What is the significance of Jesus' command, 'Peace! Be still'?
- What does this narrative say for us today?

Using your Bible

Connect Mark's account of the Jesus bringing peace to the storm with

- Mark 1: 23-27

Compare Mark's account with Matthew and Luke.

- Matthew 8: 18, 23-27
- Luke 8: 22-25

Explore relevant imagery in the Old Testament.

- Job 38: 1-11
- Psalm 65: 5-8
- Psalm 104: 5-7

FOURTH SUNDAY AFTER TRINITY (YEAR B) Sunday 23 June 2024

Exploring online

Widen your exploration of Mark's account of Jesus stilling the storm with the command, 'Peace! Be still!' by looking up some of the following themes and others of your own choosing.

- Peace be still in scripture
- Jesus stilling the storm
- Passing the peace in liturgy

Drawing on experience

The image to stimulate reflection on Jesus proclaiming, 'Peace! Be still' is *hands*, drawing on the sharing of the Peace in liturgy.

- Have you every experienced a storm at sea, or seen films of storms at sea?
- What is your experience of finding peace?
- What is your experience of sharing the Peace in liturgy?

What have you learned about the sign of Peace in the eucharistic liturgy?

Creating and making

This section offers pointers to some creative activities that may be inspired by Mark's presentation of Jesus stilling the storm or by the image of hands.

- Create a three-dimensional landscape or mural of Jesus calming the storm.
- Make a collage of storms at sea.
- Make a chain of hands to encircle your room or your church.
- Create a reflection, poem, or prayer on the theme of Jesus bringing peace to the storm or on the image of hands.



**Liverpool
Cathedral**

EXPLORING THE SUNDAY GOSPEL AT HOME

Each week we are inviting people in their homes to look forward to those Sunday services that follow the Revised Common Lectionary Gospel readings. We employ the SIFT approach (Sensing, Intuition, Feeling, and Thinking) to encourage reflection on the Sunday Gospel. We are suggesting a variety of ways in which people of all ages, and households working together, may engage with the Gospel reading and celebrate that engagement with shared activities.

Our invitation then is for you to share your reflections, prayers and photos of your creative work with the Cathedral by emailing them to smc.lesliefrancis@gmail.com.

These materials have been developed by the Canon Theologian of Liverpool Cathedral working in collaboration with the staff team here at the Cathedral, and with sponsorship and support from the St Mary's Centre in Wales.



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