



Good morning  
everyone!

# Welcome

Today we hear about how in the middle of a great storm Jesus calmed the wind and the sea.

He tells the disciples to have courage and to have faith.

Let's think a bit more about this now.

Let us start our  
assembly this morning  
by each one of us  
making the  
sign of the cross.



The Sign of the cross  
In the name of the Father,  
and of the Son  
and of the Holy Spirit.  
Amen

The Lord be with you

AND WITH  
YOUR SPIRIT.

Lift up your hearts.

We lift them up  
to the Lord.

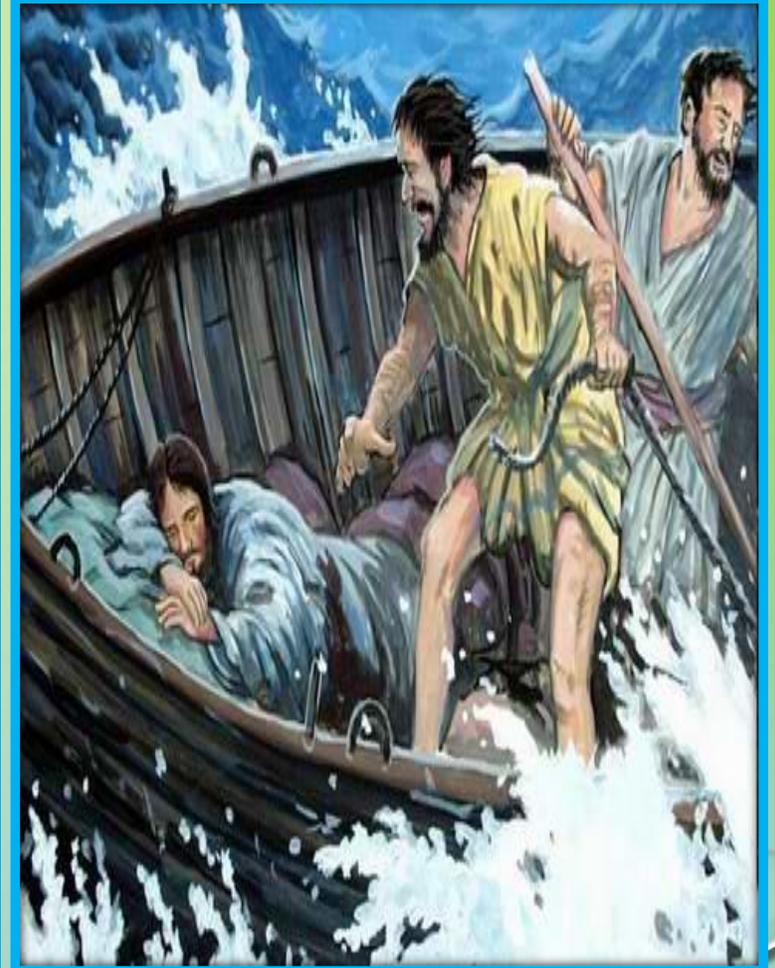
Let us give thanks to the  
Lord our God.

It is right and  
just.

# Gospel: Mark 4:35-41

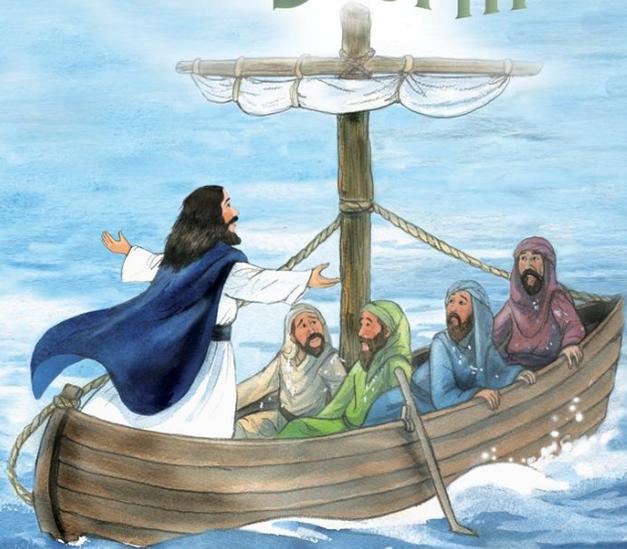
On the evening of that same day Jesus said to his disciples, "Let us go across to the other side of the lake."

So they left the crowd; the disciples got into the boat in which Jesus was already sitting, and they took him with them. Other boats were there too. Suddenly a strong wind blew up, and the waves began to spill over into the boat, so that it was about to fill with water.



# Gospel: Mark 4:35-41

## Jesus Calms the Storm



Jesus was in the back of the boat, sleeping with his head on a pillow. The disciples woke him up and said, “Teacher, don’t you care that we are about to die?”

Jesus stood up and commanded the wind, “Be quiet!” and he said to the waves, “Be still!” The wind died down and there was a great calm.

THE GOSPEL OF THE LORD

All Response : PRAISE TO YOU, LORD JESUS CHRIST

# Gospel reflection

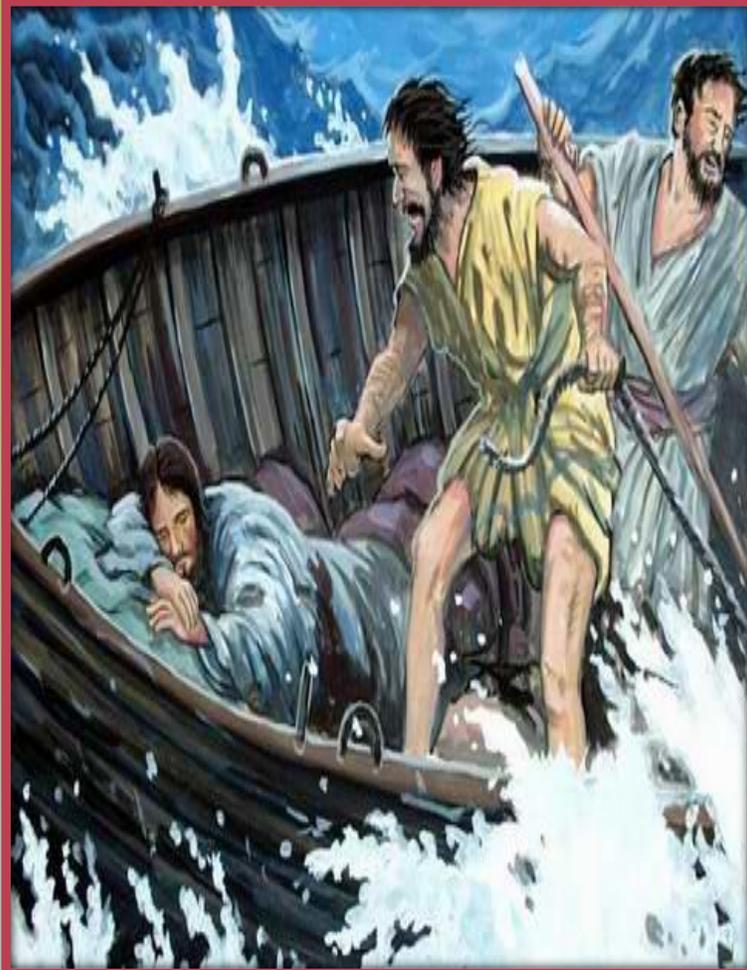
What do you remember from today's reading?



Jesus was in a boat with his disciples, when the wind started to blow really strongly. And the waves started crashing against the boat. They were so high that the boat almost sank.

How do you think you would have felt if you were on this boat?

# Gospel reflection



What was Jesus doing while all this was happening? Was he afraid?

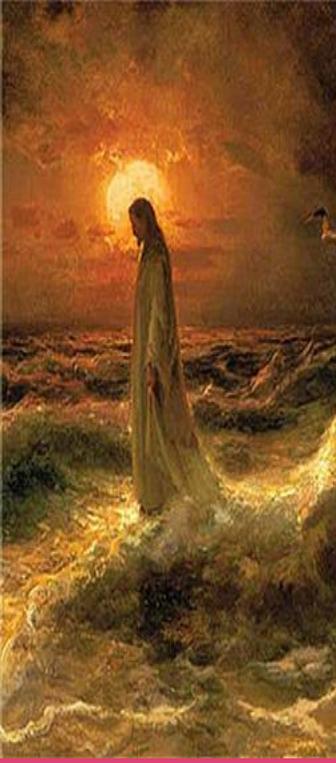
What did Jesus do when the disciples woke him up?  
Jesus told the wind and the sea to be quiet and still.

The wind stopped blowing and the waves stopped crashing against the boat.

Jesus asked the disciples why they were frightened and why they didn't have faith that everything would be ok.

# Gospel reflection

Do not  
be  
Afraid



If you had been one of the disciples on that boat, with the wind blowing and the waves crashing, do you think you would have trusted Jesus that everything would be ok?

Sometimes when everything around us is scary and going wrong, it can be hard to keep our faith in God. We can feel like God is no longer with us and it is hard to see how things will get better.

But in this reading Jesus tells the disciples not to be afraid. They should know that God is always with them, especially in the difficult times.

God works through us and through others who are there to help and support us in the difficult times.

# Gospel reflection

Who makes you feel better when you are sad or frightened?

The next time that we are sad, or afraid, let us remember that we are never alone. God is always with us.

Let's try to see God in those who make us laugh and be happy, or who help us when we are frightened – our friends, our family, our teachers...



# Let us pray



Dear God of the sea and the sky, be with us when we are afraid.

Give us courage to do what is right and strengthen our faith, so we may give comfort to others who are frightened.



Amen.

THIS WEEK, LET'S ALSO TRY TO BE THERE FOR OTHER PEOPLE WHEN THEY ARE FACING DIFFICULT TIMES, SO THAT THEY KNOW THAT GOD IS STILL WITH THEM TOO.



God Is  
Always with You



Have a Beautiful  
Monday and a  
Blessed week!

