

Thought for the Day – Thursday 19th August 2021

By Revd John Ohen

Rest and Holiday season.

This is the time of the year when many people take a break, schools, colleges and Parliament, have broken up for holiday. Rest and holiday is good for the human body. Last week I had a health scare, when I went to see my doctor who told me that I needed to drop every thing and take a break and drink more water. Again, reminding me the need to take a break now and again.

This brings to mind, how fishermen Peter, Andrew, James, and John would have known first-hand experience how utterly perilous and chaotic the Sea of Galilee could be during the big storm. Their boat was beginning to submerge, and they were about to perish. Jesus was asleep like a baby throughout this commotion. According to Mark's notes Jesus' head was resting on a cushion. (v 38). This shows that the human body needs a rest, and we all need to take this on board.

Surprisingly Jesus's response is to calm the storm, "Quiet, Be still!" (v. 39 NIV). It became calm immediately. And the disciples asked the right question "who is this that even the winds and the waves obey him!" (v 41). Believing that Jesus is God, we accept and embrace this remarkable demonstration of God's power.

God loves us more than we love ourselves. God knows every worry, every anxiety, every overarching concern which causes us to be troubled by the waves of life. The Holy Spirit is there at work in us that "neither death, nor life, nor angels, nor powers, nor principalities, nor anything in all creation, will be able to separate us from the love of God in Jesus Christ our Lord" (Rom. 8. 38 -39).

Bible passage: Mark 4. 35 – 40.

Prayer by Julian of Norwich:

In his love he clothes us, enfolds us, and embraces us, that tender love completely surrounds us, never to leave us.