



Wednesday Prayer

5th Sunday after Pentecost – Cosmic Powers

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?”

Mark 4:35-41 (*beginning with v. 39*)

What do you do when you are with a person experiencing the “storm” of emotional distress? They may be crying uncontrollably, or they may be so upset they can’t talk coherently or at all.

First, you might help to calm them by offering them a tissue or a glass of water or guiding them to a quiet place where they can collect themselves. You might encourage them to take some deep breaths while you breathe slowly with them.

Once they feel more in control you might gently say, “It’s okay to be sad. I’m here. I understand you’re upset. I’m listening. Don’t be afraid. You can get through this.”

Jesus rebuked the wind and the sea, but he also seems to rebuke the disciples! Does Jesus question them in frustration, or with a tone of understanding and patience? Read the passage again both ways. What do you think?

Mark sets up a contrast between the **cosmic powers** of Jesus, that “even the wind and the sea obey him” and the **feeble faith** of his disciples.

How are the dynamics between parents/adults and children similar or different from those between Jesus and his disciples? How can we provide emotional support to children in a way that helps them trust that they are safe and cared for, and then make good on that promise?

Cherish All Children offers presentations, resources and tools for adults and youth to promote healthy and safe relationships, guided by our Christian values. Go to [For Churches | Lutheran Social Service of Minnesota \(lssmn.org\)](https://www.lutheransocialservice.org) to find ways to engage your congregation. Join us in this vitally important ministry.

Then they cried to the Lord in their trouble, and he brought them out from their distress; he made the storm be still, and the waves of the sea were hushed. Then they were glad because they had quiet, and he brought them to their desired haven. Psalm 107:28-30

God of the wind and sea, guide our boats safely through the storms to a safe harbor, and help us be ready to do the same for our neighbors, especially the children and youth in our lives. Amen.

Written by Gay Gonnerman, a member of Lutheran Church of Christ the Redeemer, Minneapolis, MN and a member of the Cherish All Children Advisory Board. Gay works at Union Gospel Mission Twin Cities as director of development.