

Service for Week 17<sup>th</sup>- 23<sup>rd</sup> June 2024

by Chaplain Andy

### **Our Opening Prayer.**

Eternal Father, strong to save,  
Whose arm doth bind the restless  
wave,  
Who bidd'st the mighty ocean deep  
Its own appointed limits keep:  
*O hear us when we cry to thee  
For those in peril on the sea.*

### **Amen**

*From the hymn Eternal Father, Strong to Save by William  
Whiting*

### **The Lord's Prayer**

*Our Father who art in heaven,  
hallowed be Thy name, Thy kingdom  
come, Thy will be done, on earth, as it  
is in heaven.*

*Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass  
against us.*

*And lead us not into temptation,  
But deliver us from evil.  
For Thine is the kingdom, the power  
and the glory for ever and ever.*

### **Amen**

### **Bible Reading Mark 4:35-41**

### **Jesus Calms the Storm**

That day when evening came, Jesus  
said to his disciples, "Let us go over to  
the other side."

Leaving the crowd behind, they took  
him along, just as he was, in the boat.  
There were also other boats with him.

A furious squall came up, and the  
waves broke over the boat, so that it  
was nearly swamped. Jesus was in the  
stern, sleeping on a cushion. The

disciples woke him and said to him,  
"Teacher, don't you care if we drown?"  
He got up, rebuked the wind and said  
to the waves, "Quiet! Be still!" Then  
the wind died down and it was  
completely calm.

He said to his disciples, "Why are you  
so afraid? Do you still have no faith?"  
They were terrified and asked each  
other, "Who is this? Even the wind and  
the waves obey him!"

Holy words, Holy wisdom,

### **Thanks be to God**

### **Reflection.**

I am fortunate having never been on a  
boat when it was going through a bad  
storm at sea. You may have been, or  
perhaps seen films or read accounts of  
when lone yachtsmen and women on  
their voyages experienced such storms  
and heavy seas that their lives were in  
such danger, they thought they would  
not survive.

Ellen McArthur (now Dame Ellen) who  
set a world record when she sailed  
solo non-stop round the world in 2005,  
described how gale force winds and  
mountainous seas between Africa and  
Australia threaten to slow her down.  
She said that the ferocious winds that  
she experienced along the way at  
times made her physically and mentally  
exhausted.

I do remember however a time when I  
was a boy and I went on an adventure  
holiday and stayed with other boys on



an ancient hulk of a ship moored in Portsmouth harbour. The ship built in 1798 had served Nelson as his flagship and afterwards served as a training ship. It was while on that ship and our trips out to sea that on one occasion which I will always remember I experienced a realization of the absolute vastness and power of the sea beneath me and how easy it would be to lost in its depths. Although I was probably in no real danger it was a feeling that overwhelmed me and was very frightening. But fortunately, experienced sailors were there who reassured me and kept me safe.

Some of Jesus' disciples were experienced fishermen and well used to the storms that could then, and still do, suddenly blow up across the Sea of Galilee. It must have been a very bad storm that day, as Apostle Mark writes that the 'waves broke over the boat, so that it was nearly swamped'. Despite being experienced fishermen the disciples became so afraid they woke up Jesus who was sleeping and they probably had to shout to him over the noise of the wind "Teacher, don't you care if we drown?"

As we read Jesus did wake up and he told the wind to cease and the waves to be calm.

I believe that Mark wrote about this not just because it was a dramatic incident in Jesus' life but because gave

clear proof that Jesus was in control and had power over nature.

Sometimes in life we can experience a time, like yachtswoman Ellen McArthur described, of being physically and mentally exhausted, of being overwhelmed and having the frightening feeling that our life is close to being lost. Despite our knowledge and experience of life we suddenly feel, like those disciples in the boat on the Sea of Galilee, that we are no longer in control. Physically, everyone concerned with our wellbeing may be doing all they can and we are perhaps getting the best of attention but spiritually we need someone to turn to, someone to help us.

Should you ever find yourself in that situation, I have found there is a source of love and comfort, a source of reassurance and safety. It is a source that goes beyond science and the forces of nature. That source of reassurance and comfort is the power of God's love for me and for you -for all of us.

Jesus says to our troubled minds. "Quiet! Be still!"

Thanks be to God. **Amen**

**Closing prayer**

Loving God, I know I shouldn't be afraid of what the future may hold and I thank you for the assurance that whatever I may face, that you are there beside me. **Amen**

Prayer inspired by Prayerfully Yours by Nick Fawcett