

GOSPEL: (Mk 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. 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. Then Jesus said to his disciples, **"Why are you frightened? Do you still have no faith?"**

But they were terribly afraid and began to say to one another, "Who is this man? Even the wind and the waves obey him!".

ST. FAUSTINA NOTED IN HER DIARY (D. 103, 589)

"Fear not, My daughter, I am with you." At that moment all the darkness, all the ordeals vanished, my senses were filled with joy unimaginable, and the powers of my soul pervaded with light.

Love chases fear out of the soul. Since I have come to love God with my whole being, with all the power of my heart, ever since that time all fear has left me, and even should I be told of His justice time after time, I shall never be afraid of Him again, as I have come to know Him well: God is Love, and His Spirit is peace. And I see now that the things I have done out of love are more perfect than what I have done out of fear. I have put my trust in God and am not afraid of anything, I rely completely on His holy will; let Him do whatever He wishes with me, I shall still go on loving Him.

- ➔ Jesus, who is absolute Lord over everything, asks me a very specific question today: **Why are you frightened?** I will sincerely tell Jesus about my fears, worries, storms in life ...
- ➔ God, who IS present with me constantly, tells me: *Do not be afraid, I am with you!*
- ➔ During my personal prayer, I will ask for the intercession of St. Faustina, so that I can confess with her: *I have put my trust in God and am not afraid of anything, I rely completely on His holy will; let Him do whatever He wishes with me, I shall still go on loving Him.*