

## 12<sup>th</sup> Sunday of Ordinary Time

**June 23, 2024:** Jb 38:1,8-11 | Ps 107:23-26,28-31 (1b) | 2 Cor 5:14-17 | Mk 4:35-41

**Pray:** Lord Jesus, thank you for the growth and peace you often bring through storms. Amen.

### Prepare for the Storms in Our Lives

Springtime weather is unpredictable and dangerous in Tornado Alley, the Midwestern region of the United States. Destructive, violent winds and funnel-shaped clouds can wreak havoc on communities. During storm season, meteorologists do their best to watch and warn everyone when conditions look volatile so they can heed warnings, take appropriate shelter, and be prepared. Meteorologists carefully observe atmospheric conditions, windspeeds, and supercell thunderstorm circulation, but there is usually a lot of uncertainty about when, where, and if a “terrible twister” is coming. Sometimes, disaster is unavoidable even when people are prepared, and good people become victims of tragedy.

Life often throws unexpected storms our way. When we think everything is under control, we might face a sudden health scare, a job loss, a relationship crisis, or the heart-wrenching loss of a loved one. Then what?

We can weather storms by building shelters for spiritual support and peace before bad things happen. We can acknowledge our need for God the Father who made and loves us. We can develop and nurture a personal relationship with Jesus, our Lord and Savior, through study, prayer, participation in Mass, and receiving the sacraments. We can prepare by surrendering our hearts to the Holy Spirit, who is with us to guide

and protect us against the evil snares of the devil. We can prepare our hearts to rely on God and to accept the things we cannot change with grace and peace, knowing that Christ keeps His promises to be with us always, even in the storms of life.



It is helpful to remember that the storms we face often draw us closer to God and teach us to rely on Him fully. When we suffer through storms, our reliance on divine help builds our hope and trust in Him, the “Father Almighty,” whom we affirm in our

Profession of Faith at Mass. This journey of faith and resilience allows us to share our experiences with others who need help. Mark’s Gospel reminds us not to be afraid and to be patient. As children of God, we are heirs of His grace and He promises to be with us always.

### Reflect & Discuss:

- † How are you nurturing your shelter in Christ ahead of possible storms?
- † How have you waited for God’s help during a storm, and what helped you be patient?
- † How have you shared the peace of Christ with others who are going through a storm?
- † If God is Almighty and loves us, why do “storms” – bad things – still happen to good people?
- † How does Christ’s suffering, death, and resurrection bring hope in life’s storms? How does the Holy Spirit help in difficult situations?