

9th August

May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

As you plan your walk, try and include somewhere elevated.

- Be aware of the weather, how does it feel? is it hot, or cold, windy or rainy or sunny?
- Do you anticipate a pleasant walk or one that might be uncomfortable in some way?

Read Matthew 14:22-33

²² Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴ but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵ And early in the morning he came walking toward them on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. ²⁷ But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

²⁸ Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹ He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. ³⁰ But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" ³¹ Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" ³² When they got into the boat, the wind ceased. ³³ And those in the boat worshiped him, saying, "Truly you are the Son of God."

- Think of six words that Jesus might have felt during this event
- Now think of six words from the point of view of the disciples.

We need to remember that even in his quiet time, Jesus was still looking out for his disciples and that although we may not see him and be battered by the winds and waves of life, we need to trust in what he has taught us. We need to recall what has inspired and encouraged us before. Keeping our eyes, hearts and minds fixed on God.

- What do you feel causes you to sink?
- How does it feel to get back into the boat?

After busy and exhausting experiences, it is important to take time to be quiet and to be with God. Make some time for yourself to be quiet and find your security, so when it is time to get out of the boat, your faith will hold you up.

Activity

When they were back in the boat, the wind ceased.

Spend some time away from the wind and the waves of life, allow yourself time and space with God to think about where you are in your faith journey. If you find it helpful colour in the picture below.

