

# **LOOKING TO SUNDAY™**

## **Sunday, June 21, 2009**

This email, entitled *Looking to Sunday™*, focuses on the Gospel Reading for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. *Looking to Sunday* is written by Father Tom Iwanowski.

### **THE SECRET OF RESTFUL SLEEP**

Some people are blessed with the ability to fall asleep quickly and to sleep peacefully through the night. They sleep soundly no matter the pressures of life or the noise around them.

Other people dread bedtime for it means restless hours of tossing and turning, waiting for sleep to come. Their minds dart from one worry to another and every glance at the clock announces night still has hours to go.

Apparently Jesus was one of those people who could fall asleep quickly and stay asleep even in the midst of chaos.

This Sunday's Gospel (*Mark 4:35-41*) tells of Jesus' ability to fall asleep even in a bobbing fishing boat and to remain asleep as a violent squall threatens to capsize the craft. Through it all "Jesus was in the stern, asleep on a cushion."

Jesus was able to sleep so soundly because he knew himself as the master of the wind and waves, as the Lord of all. He certainly proves that when he commands the sea "Quiet! Be still."

While you and I are not masters of the wind and sea, we are the disciples of the One who mastered the power of wind and sea, mastered the power of evil and sin, and even mastered the power of darkness and death. As Jesus says in the Gospel of John "take courage, I have conquered the world." (John 16:33).

None of us "sails" peacefully through life. There are winds of anxiety and storms of worries that toss us about, and keep us up at night. We need to remember that Jesus, the source of peace and strength, is with us just as he was with his disciples on the sea. In the midst of our worries and sleeplessness the Lord asks the question that appears in this Sunday's Gospel, "Why are you terrified. Do you not yet have faith?"

© 2009 Rev. Thomas B. Iwanowski