



**Lent reflection for March 1, 2024**

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

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion, and they woke him up and said to him, "Teacher, do you not care that we are perishing?" And waking up, he rebuked the wind and said to the sea, "Be silent! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

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### **Today's Reflection is by Carolina Toth**

Jesus sounds exhausted. He is trying to get away from the crowd, and so they make a really impromptu journey across the water - the disciples taking Jesus "just as he was", and then he falls immediately asleep. It's interesting that the disciples were the ones who "took" Jesus into the boat - was he too tired to walk himself?

It must have been a big juxtaposition for the disciples, helping their exhausted friend into a boat and watching him fall asleep immediately, being so deeply asleep he doesn't notice the windstorm. And then suddenly, Jesus picks up his head, and does something supernatural in a way that seems effortless. He just talks to the wind and the waves like he had been talking to his friends, and they respond immediately.

That's an encouraging thought for me. Sometimes I feel exhausted or depleted, or lately I have also been struggling with insomnia. I have a lot of things that I want to do, friends that I want to

see - but it all seems to require so much planning and effort that I don't always have. But this story is a reminder that it doesn't always have to take a lot of effort to do something supernatural. Maybe I just need to fall asleep and rest for a while, and then when I pick my head back up - I can also speak to the wind and waves, with God's help. God is in the friends, the rest, and the power to make an everyday action something powerful.

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Carolina Toth lives with her husband, siblings, and two kids just a few blocks from the church. She is soon starting a new job at GiveDirectly, giving unconditional cash grants to people in need.