

"The Kingdom of God is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade."

Mark 4:35-41

When evening had come, Jesus said to his disciples, "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?" He woke up and rebuked the wind, and said to the sea, "Peace! 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 awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

At least 10 minutes a day.

**Read it through once.*

**Pause and sit with it on your heart in God's presence for a few minutes.*

**Read through it again.*

Some questions to rest with if you need them:

**Where are you in this story right now?*

**What storms have you been in?*

**What storms are you facing today? What storms is the Cathedral facing? What storms are the world facing?*

**What do you want to say to Jesus?*

**What is Jesus' saying to you? To us?*