

PRAYER EXPERIENCE
at the beginning of your discernment journey

23 **Jesus got into a boat** and his *disciples followed him*. 24 Suddenly a violent storm came up on the sea, so that the boat was being swamped by waves; but **he was asleep**. 25 They came and *woke him, saying, "Lord, save us! We are perishing!"* 26 He said to them, "**Why are you terrified**, O you of little faith?" Then he **got up, rebuked the winds and the sea, and there was great calm**. 27 The men *were amazed and said, "What sort of man is this, whom even the winds and the sea obey?"*

Matthew 8:23-27

Reflection questions on yourself and **glimpses of contemplation focusing on Jesus Himself**

23 What is your comfort zone you should leave behind to follow Him at the beginning of this discernment journey? What comforts "of the boat" are you unwilling to give up right now?

24 What do the waves represent for you? Which obstacle prevents you from trusting God when you think about discernment?

Where does the violent storm bring you? What does distract you from the Lord?

25 What are your fears? Name them, **cry out to the Lord**.

26 Trust: **Look at Jesus** (not at yourself or at the storm). He responds, in an unexpected way. He comes close, speaks to us, and rescues us. He is with us all the days. Look back at your fear and **hear Jesus** (no others' voices) saying: *Why are you terrified?*

27 **Look at Jesus** (neither at the weakness in you nor at the storm around you) and see the power in Him: what are you amazed at? Whom are you amazed by?