

2nd August 2020
Matthew 14:22-33

What are your quiet places?
And what helps you to relax,
be still and listen? To be
aware of God.

When Casper was younger
he loved the Night Garden,
watching an episode become
part of his nighttime routine
- if you're not familiar with
this slightly surreal tv show
then let me tell you there is
something hypnotic about
it: the music, the sounds the



characters make, the colours and rhythm of the changing scenes, seem to calm your mind and still your thoughts. By the end song with Iggle Piggle tucked up in bed on a boat gentle rocking on water, whether young or old - all are ready for bed!

It doesn't matter how old you are, we all need to find places that make us safe, where we are quiet and still, and where we can sleep, listen, pray and be quiet after a busy day.

If we look at our reading in Matthew, the disciples really are not calm. It was chaos for them as the storm raged. How can anyone hear themselves think - let alone hear God - in the midst of all that?

But it's right in the midst of the noises and the chaos that Jesus comes. The disciples look up and see him, a quiet still point across the water. Even as the storm rages, Jesus is the still point at the centre.

The wind and the waves begin to die down. Things are back under control..
And maybe they remember the story of God bringing order from chaos. Right at the beginning of creation, and wonder who Jesus is.

Peter is bold and sure. He reaches out in trust across the chaos, touching the peaceful, safe person of Jesus.

But then he looks down. Perhaps you have done that - on a swing bridge, climbing a mountain or a tall ladder.. And suddenly it all seems unsafe. Like Peter, our minds have a habit of being over active and loud, making us doubt and be afraid.

But Jesus is still there. He gets into the boat with Peter and the others. The stillness, the peace of God right with them... with us.

In the midst of the chaos and business of our lives, perhaps we can find the same times of calm when we know God is with us.

'Lord Jesus, thank you for being the calm in the midst of the storm; help us to reach out to you, rather than looking down, when we feel fearful or full of doubts. Amen.'