

Jesus Calms the Storm (Matthew 8:23-27)

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Guidelines: Protect confidentiality and follow the leader's prompts.

Ignatian Meditation Process: Ignatius chose this Gospel reading for Week 2 of *The Spiritual Exercises*. Read the introduction and then “ask for the grace.” Then quietly read the passage by using your imagination to enter into the story, sensing and feeling what’s going on. Don’t analyze the passage or seek insights — *experience yourself as a character in the story*. After the second reading have a “colloquy” (short, personal conversation) with the Lord. You can use the prompts and questions at the bottom to guide your prayer time and journaling (and sharing with others).

Introduction: Matthew has just shown us that Jesus has the power to heal the sick and drive out demons — even by merely giving a verbal order from a great distance away! Next we see Jesus and his disciples caught in a life-threatening storm on Galilee’s great lake and the Lord silences the skies and the seas with a word! But don’t miss the hidden miracle: *while the storm rages Jesus is sleeping peacefully in the boat — that’s how much he entrusts his life and that of his disciples to his Father’s care!* Jesus wants to teach us how to live from the spiritual reality of the heavens and bring the divine resources of peace and power into physical reality.

Ask For the Grace: Lord Jesus, I ask for the grace I desire: to know you more intimately, to love you more intensely, and to follow you more closely.

Imagine Yourself in the Gospel: Matthew 8 (MSG)

23-25 Then [Jesus] got in the boat, his disciples with him. The next thing they knew, they were in a severe storm. Waves were crashing into the boat—and he was sound asleep! They roused him, pleading, “Master, save us! We’re going down!”

26 Jesus reprimanded them. “Why are you such cowards, such faint-hearts?” Then he stood up and told the wind to be silent, the sea to quiet down: “Silence!” The sea became smooth as glass.

27 The men rubbed their eyes, astonished. “What’s going on here? Wind and sea come to heel at his command!”

1st Reading: Visualize yourself in the Gospel story. Don’t seek intellectual insights — stay with the imagery. Use your senses to see, touch, feel, and hear. What part of the story are you drawn to? Which character do you identify with or are you a bystander?

2nd Reading: Experience the story in the role of the character God led you to. Then talk with the Lord. What do you feel? How does this relate to something in your life today? What is God saying to you?