

Mary, glorious Virgin and Mother, to become the worthy habitation of Thy Son: grant that we may be delivered from present evils, and from everlasting death, by her gracious intercession, in whose commemoration we rejoice. Through the same Christ our Lord, Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen.

“The End” Notes

- [1] Augustine, Sermo 51
- [2] ibid.
- [3] Augustine, Sermon, 361
- [4] Augustine, Sermo 51
- [5] Fernandez, In Conversation with God 3, 98.3
- [6] cf. ibid.
- [7] pg. 73 Ignatius Catholic Study Bible
- [8] Fernandez, In Conversation with God. 3, 98.2
- [9] Divine Intimacy pg. 58 Vol. III



In the Midst of Storms
12th Sunday of Ordinary Time

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Lessons and Discussions

Page 5 – Prayer in the Midst of Storms

“Do you not yet have faith?”

Page 6 – Jesus in Control

“Quiet! Be still!”

Page 8 – Crisis

“Do you not care we are perishing?”

Introit (Entrance Antiphon) – Roman Missal

This should be chanted so that the time of prayer, study and discussion can be made sacred. Another song can be substituted, but should have the same theme.

Dominus fortitudo plebis suae Ps 28 (27): 8, 9

II
T HE Lord is the strength of his people, * and the
 guardi-an of salvation for his Anointed. Save your peo-
 ple, O Lord, and bless your inheritance; be their guide
 for e- ver.

Source: <http://musicasacra.com/additional-publications/sep/>

Alternate options:

- I Heard the Voice of Jesus Say (Hymn)
- Praise, My Soul, the King of Heaven (Hymn)
- Never Let Go (Song of Praise)
- Your Arms (Remnant)

Collect –Roman Missal

In the name of the Father, and of the Son, and of the Holy Spirit.
 Amen

Grant, O Lord,
 that we may always revere and love your holy name,
 for you never deprive of your guidance
 those you set firm on the foundation of your love.
 Through our Lord Jesus Christ, your Son,
 who lives and reigns with you in the unity of the Holy Spirit,

Marian Antiphon – Salve Regina – Simple Tone

IV. ANTIPHON SALVE REGINA, SIMPLE TONE
 From First Vespers of the Feast of the Blessed Trinity to None on Saturday
 before the First Sunday of Advent.

Ant.
 5.
S Alve, Re-gi-na, * ma-ter mi-se-ri-córdi-æ: Vi- ta, dulcê-do, et spes nostra,
 salve. Ad te clamámus, éxsu-les, fi-li-i Hevæ Ad te suspi-rámus,
 gemén-tes et flentes in hac lacrimá-rum valle. E-ia ergo, Advocá-ta
 nostra, il-los tu-os mi-se-ri-córdes ócu-los ad nos convér-te. Et Je-sum,
 bene-díctum fructum ventris tu-i, nobis post hoc exsi-li-um osténde.
 O clemens: O pi-a: O dulcis * Virgo Ma-rí-a.

- V. Ora pro nobis, sancta Dei Genitrix.
- R. *Ut digni efficiamur promissionibus Christi*

English Translation

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious Advocate, thine eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of they womb, Jesus. O clement, O loving, O sweet Virgin Mary.

- V. Pray for us, O holy Mother of God
- R. *That we may be made worthy of the promises of Christ.*

Let us pray. O almighty and everlasting God, who, by the co-operation of the Holy Ghost, didst prepare the body and soul of

man and withdrew his protests, submitting himself to God's unfathomable judgment." [9] Job's example demonstrates his complete trust in God as he flies to his heavenly Father for safety. We as Christians can run to God in the moment of great crisis.

A great prayer called the Memorare says, "I fly unto thee O Virgin of Virgins my mother." We can be confident in running after our mother's intercession in times of trouble. She will take whatever we bring to her and present it to her Son, Our Lord Jesus Christ.

**Profession of Faith or Popular Devotion – Night Prayer:
Canticle of Simeon**

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen

Protect us, Lord, as we stay awake; watch over us as we sleep,
that awake, we may keep watch with Christ, and asleep, rest in
his peace.

Lord, now you let your servant go in peace;
your word has been fulfilled:
my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:

- as it was in the beginning, is now, and will be for ever.
Amen.
- In the name of the Father, and of the Son, and of the Holy Spirit. Amen

one God, for ever and ever. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen

Gospel Reading – Mark 4:35-41 – Roman Missal

A reading from the holy Gospel according to Mark
- Glory to you O Lord

On that day, as evening drew on, Jesus said to his disciples: "Let us cross to the other side." Leaving the crowd, they took Jesus with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, "Teacher, do you not care that we are perishing?" He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm. Then he asked them, "Why are you terrified? Do you not yet have faith?" They were filled with great awe and said to one another, "Who then is this whom even wind and sea obey?"

The Gospel of the Lord.
- Praise to you, Lord Jesus Christ

Spiritual Reading – Office of Readings

Our Savior received a bodily anointing and so became a true king and a true priest. Both king and priest he was of his very self; a savior could be nothing less. Hear in his own words how he himself became a king: I have been appointed king by God on Zion his holy mountain. Hear in the Father's words that he was a priest: You are a priest for ever in the line of Melchizedek. Aaron was the first under the law to be made a priest by being anointed with chrism, yet the Father does not say, "in the line of Aaron," lest it be believed that the Savior's priesthood could be passed on by inheritance, for at that time Aaron's priesthood was transmitted by lineal descent. But the Savior's priesthood is not inherited because this priest lives on for ever. Therefore Scripture says: You are a priest for ever in the line of Melchizedek.

There is, therefore, a savior in the flesh who is both a king and a

priest, though his anointing was not physical but spiritual. Among the Israelites, those kings and priests who were actually anointed with oil were either kings or priests. No man could be both king and priest; he had to be one or the other. Only Christ was both king and priest; because he had come to fulfill the law, he alone possessed the twofold perfection of kingship and priesthood. Those who had been anointed with the oil of kingship or priesthood, although they received only one of these anointings, were called messiahs. Our Savior, however, who is the Christ, was anointed by the Holy Spirit so that the passage in Scripture might be fulfilled: God, your God, has anointed you with the oil of gladness and raised you above your companions. The difference, then, between the one Christ and the many christs is in the anointing, since he was anointed with the oil of gladness, which signifies nothing other than the Holy Spirit.

This we know to be true from the Savior himself. When he took the book of Isaiah, he opened it and read: The Spirit of the Lord is upon me because he has anointed me. He then said that the prophecy was fulfilled in the hearing of those listening. Peter, the prince of the apostles, also taught that the chrism which made the Savior a Christ was the Holy Spirit; that is to say, the power of God. When in the Acts of the Apostles Peter spoke to that faithful and merciful man, the centurion, he said among other things: After the baptism which John preached, Jesus of Nazareth, whom God anointed with the Holy Spirit and with power, started out in Galilee and traveled about performing powerful miracles, and freeing all who were possessed by the devil.

So you see that Peter too said that Jesus in his humanity was anointed with the Holy Spirit and with power. Thus Jesus in his humanity truly became the Christ. By the anointing of the Holy Spirit, he was made both king and priest for ever.

Responsory – Office of Readings

See how great is the one who comes to save the nations.
— He is the king of justice whose reign will never end.

For our sake, Jesus went before us into heaven and he has become a high priest for ever in the line of Melchizedek.
— He is the king of justice whose reign will never end.

TV SHOW – Community – POP CULTURE CONNECTION – 0:32

<https://youtu.be/jv2Hu4pHAFc>

In this video, the characters are participating in a model UN debate to see what they would do in cases of crisis.

Discussion Questions

When crisis occurs in your life, how do you ask God for help? Why do you think that people only run to God when there is a crisis?

What about crises and disasters that still happen? Like natural disasters?

VIDEO – Most Brutal Natural Disasters – POP CULTURE CONNECTION – 6:41

<https://youtu.be/QfmRf8iOBkI>

This video shows some of the worst natural disasters in the world.

This is one of the most asked questions or arguments from those who question the very existence of God. Those who claim that God does not exist would ask where God was when someone prayed during the natural disaster. Again, these are great questions and there is no one right answer simply because we are not God so do not know His reason why some things occur the way that they do. However, even though we do not see God's full reason, we do know that there is one. Again, it is at this moment of crisis that we realize how vulnerable and weak we are. We realize that we have very little control and must learn to depend on God.

VIDEO – A “Sweet Hurt”: God’s Plan in the Midst of Tragedy – POP CULTURE CONNECTION – 3:23

<https://youtu.be/-JIH-7IBfoU>

This is a video of a tragedy that struck a town. A woman gave her life to save a 4-year-old girl during a tornado.

Today's first reading is the story of Job questioning God and complaining about all the misfortunes that fell upon him. God rebukes Job and makes him understand that He is the one who is all powerful and places everything in its due course. “By thus showing Job his power and infinite greatness, God wanted to make him understand that man should not dare to argue with God and ask his reasons for acting as he does. Job was a just

would also be good to read the first reading from today when God speaks to Job about placing the waters where they are.

If Jesus is in control then what am I supposed to do? Some may think that since Jesus is in control, we do not have to do anything. This is incorrect. Jesus has straightened the pathway for us. He has even provided us the vehicle (the Church) to get us to our final destination (heaven). We are the ones at the wheel of our lives but Jesus is so gracious that He set the cruise control so we do not have to worry about speeding. While this is not a perfect example, hopefully it helps to better understand that God gives us free will. We can take the wheel and go off the track, but we do not have to. Even when the road gets bumpy we can still trust in the road because God has paved it for us. Here on this earth we are called to be Christ's hands and feet. We are called to proclaim the Good News, to call upon Him to calm the storms in this life, to take care of this great planet that He gave us, and most importantly we are called to know, love, and serve Him here in order to be with Him in the next life.

Crisis - Lesson and Discussion

"Do you not care we are perishing?"

What is the crisis in the Gospel reading? The crisis is the stormy sea. This is not just a simple storm. We can clearly see this because the Apostles, who are experienced fishermen, are so scared that they run to ask Jesus to save them.

VIDEO – Fishing Boats in Rough Sea – POP CULTURE CONNECTION – 7:26

<https://youtu.be/ByGSMmenPDM>

This video shows two boats in very rough seas. It may give a glimpse into what the disciples faced that night out at sea.

Why do the Apostles run to Jesus? The Apostles had run out of human options. They tried everything they could think of and in their moment of desperation, run to the only one who can truly save them, Jesus. **Is God always near you because you call upon Him every day? Or do you only call on Him when there is a crisis?**

Prayer in the Midst of Storms – Lesson and Discussion

"Do you not yet have faith?"

In the previous lesson "Jesus in Control", we hear of God's power and authority over everything including nature. He is also in control of our souls, even when we are in the midst of the storms of life. On a deeper level, the storm that rages is like the storms that can rage in our lives. "All of God's children embark with Christ on a life that is full of dangerous storms, especially attacks from evil spirits and temptations of the flesh. We must learn to trust in Christ daily, since he alone can restrain these forces and bring us to the safe harbor of salvation." [1]

MUSIC – Never Let Go – POP CULTURE CONNECTION – 4:56

<https://www.youtube.com/watch?v=y83-vMeWc9E>

This song is about not letting go of God even in the midst of storms. The song speaks of sending up prayers of praise even when things are rough.

What kinds of storms do we face? It is different for each person, but we definitely all face storms. St. Augustine said, "...man in this life is encompassed with perils, arising from the temptations of hell – from the occasions of sin, from the scandals or bad counsels of men, from human respect, and above all from the passions of corrupt nature..." [2]

How do we overcome the storms in life? We overcome them through prayer. Prayer is when we reach for God instead of reaching for ourselves. "Christian, Christ is sleeping in your boat. Wake him, and he will rebuke the storm and peace will be restored." [3] Some other practical advice would be "...when you find yourself assaulted by a violent passion...take whatever you can to avoid the occasions [of sin] and place your reliance on God...: when the tempest is violent, the pilot never takes his eyes from the light which guides him to port. In like manner, we should keep our eyes always turned to God, who alone can deliver us, from the many dangers to which we are exposed." [4]

Discussion Questions

What storms have you prayed through?

How did God calm the storm in your heart and soul?

What if the storm does not stop? We must remember that everything God wills is good and thus good for our souls. "Worry, fear and cowardice arise when our prayer weakens. He knows

well enough everything that is happening to us. And if need be, he will rebuke wind and sea, and a great calm will be established, and his peace will flood into us. And we too will be filled with awe like the apostles.”[5] More than anything we must always have an attitude that seeks forgiveness and calmness. Many times, the storms in our life are because of other people who have done something to us and we allow ourselves to be wrapped up in drama. We should not sit in our own hatred and storms but seek to forgive our neighbor for whatever they have done because they too have God who is with each of us.[6]

Jesus in Control – Lesson and Discussion

“Quiet! Be still!”

What does the calming of the storm signify? The calming of the storm shows that Jesus Christ is God. “Jesus manifest his divinity by exercising authority over nature. According to the OT, God alone has the power to subdue the raging seas (Ps 89:9; 93:4; 107:28-29).”[7] Jesus did not ask God to calm the storm because He is God. Under His command, Jesus tells the storm and sea to be still and immediately it obeys. “Jesus wants to convince those first disciples, and us too. That there is no compromise possible between him and his doctrine on the one hand, and the world as a kingdom of sin on the other.”[8]

Why does nature listen to and obey God? Nature and all elements were created by God. Nature does not have free will, it only acts based on another force or action acting upon it. For example, nature cannot create a tornado on a cloudless dry sunny day because it needs other elements to occur.

Activity – Praying the Scriptures

Pray Liturgy of the Hours Sunday Week 1 or you can read Daniel 3:56-88 below. I might be good to read the whole story in the book of Daniel (chapter 3) to give the right context from when the three men Shadrach, Meshach, and Abednego refused to bow down and worship the golden statue. They were thrown into the fire but were saved by God. In part of their great prayer, they cry out:

Bless the Lord, all you works of the Lord.
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord.
You heavens, bless the Lord,
All you waters above the heavens, bless the Lord.
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord.
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord.
All you winds, bless the Lord.
Fire and heat, bless the Lord.
Cold and chill, bless the Lord.
Dew and rain, bless the Lord.
Frost and chill, bless the Lord.
Ice and snow, bless the Lord.
Nights and days, bless the Lord.
Light and darkness, bless the Lord.
Lightnings and clouds, bless the Lord.

Let the earth bless the Lord.
Praise and exalt him above all forever.
Mountains and hills, bless the Lord.
Everything growing from the earth, bless the Lord.
You springs, bless the Lord.
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord.
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord.
You sons of men, bless the Lord.

O Israel, bless the Lord.
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord.
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord.
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord.
Praise and exalt him above all forever.

Once finished reading, see how many different forms of nature were asked to bless the Lord. Why would they tell all these parts of nature to bless the Lord? It is because God is in control of everything and thus everything must bless the Lord. BONUS: It