



Catechesis At Home – “Quiet! Be still!”

Twelfth Sunday in Ordinary Time – Year B

DISCUSSION

Today’s readings remind us that God is the Creator. He has power over nature because He created it, including the sea and weather. Have you ever seen the ocean? Or been in a really heavy storm? Both can be overwhelming, especially if we do not understand them. As children we do not know by instinct that the ocean has limits or the storm will pass. We can say the same thing about suffering. When we are in the midst of our challenges or hurts or crises, we can’t see the limits or know whether it will ever end.

We are reminded in the readings this week to call out to God for His comfort, protection, and deliverance. We may not experience an immediate miracle like the Apostles did. We may have to suffer more like Job. And our reward may not come to us during our time here on earth. Rest assured that if we remain faithful, we WILL be rewarded with eternal life in heaven where there are no storms and no suffering!

Discuss times when you have been frightened. Who helped you feel safe again? What did they do? Let each family member recall something. After everyone has had a chance to tell their story, talk about ways you calm yourself when you get upset. This may be a good time to talk about how to pray for peace. Psalm 46:10 says, “Be still and know that I am God.” Jesus basically quotes this when he tells the storm to cease: “Quiet! Be still!” Sometimes we just need to be quiet, so we can let Jesus in to calm us.

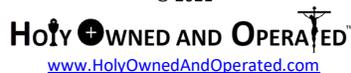
ACTIVITY

Spend some time in quiet reflection. As you sit quietly, thank God for His love, peace, and protection. This type of prayer is called Contemplation. It is allowing yourself to BE in the presence of God. To not talk to Him, simply BE with Him. You might consider going to your local Adoration Chapel as a family for this exercise. Or take a silent nature walk – challenge everyone to be as quiet as possible and look and listen for all the amazing things that God has created. Then, sit in a clearing and be quiet and still, basking in the presence of God in your midst.

(For very small children, being still and quiet is almost impossible. Do not expect them to do anything beyond their capabilities, but challenge them to be quiet and listen for certain sounds. For example, you can ask a 2- or 3-year-old to be still and quiet to listen for a bird or to watch a squirrel in the yard. Point out to them that God created all these creatures and them, too, because He loves us! And that is a very important lesson for a toddler to learn.)

Afterward, talk about what it was like to be still like that. How hard was it? Were you distracted or did your thoughts go off on tangents? Sometimes those tangents are God’s way of putting someone or something on your heart and mind to pray for or to do to serve Him.

© 2021



www.HolyOwnedAndOperated.com

Holy Owned and Operated grants the original subscriber (parish, parochial institution, or individual) permission to reproduce this handout with this footer included.