



Sleep & Trust: Part 1

Submitted by: Sr. Tatum McWhirter, Foundation 3 Pietra Fitness Instructor

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate Jesus' surrender to sleep.*

INTRODUCE TOPIC & SCRIPTURE Psalm 147 "In vain is your earlier rising, your going later to rest - when He pours gifts on His beloved while they slumber"

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE (From Psalm 127:2) God pours gifts on His beloved while they slumber.

MEDITATION In the passage of the calming of the storm at sea (Mark 6), a detail about Jesus jumps out at us. It says that as a violent storm came up and water began filling the boat, Jesus was in the boat asleep on a cushion. Yes, Jesus needed sleep and He valued it too. He probably gladly took on this human need, without considering it a burden or a waste of precious time. He too would have needed to be rejuvenated for another day in ministry or to be more recollected for all the demands His mission required of Him. Often we can easily imagine Jesus as a baby sleeping in Mary's arms. This image touches us with tenderness because babies are so sweet to watch sleep. However, do we appreciate the tender surrender of Jesus' adult body sleeping as He did on the boat or on the ground among His disciples after a long, exhausting journey?

The lovely phrase of the psalm applies to Jesus and to us: "God pours gifts on his beloved while they slumber" (Psalm 127:2). God provides, even in our sleep, the graces we need for a new day. Can you imagine how much God loves to watch us sleep in the peaceful surrender of not trying to control and do it all on our own? He wants to pour down His gifts during our time of sleep.

RESOLUTION (Re-read Scripture.) Sleep can be a physical sign of our surrender to God's action. Jesus shows us His disposition of trust as He lie asleep in the rocking boat, caught in the storm. The Apostles woke Him up from this sleep by asking, "Do you not care that we are perishing?" How often does our worry move us out of a trusting disposition that the Lord desires us to have? Do we trust that God, the Father, will provide the graces needed or do we think our worry will somehow affect the outcome? Take time to consider where, concretely in your life, you need to return to a trusting disposition that is open to receive the graces God wants to bestow while you, His beloved, slumbers.

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. **Mary, Most Faithful: pray for us; St. Joseph: pray for us; St. Peter (or saint of the day): pray for us.** In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

