

## Seeds of Hope, Stories for Lent #15 – *Walking On Water*

Oftentimes, one of the greatest challenges to those who are suffering is not so much the physical pain, as it is the accompanying emotional anxiety and mental anguish.

When our thoughts and feelings are pulled down into the problems of pain, things can only get worse. The challenge remains to rise above it, keeping our focus on that which is healing and helpful.

A good example of this is the time when Jesus invited Peter to walk on water. Now, there is a whole lot more to this story than what first appears on the surface.

The water, the storm at sea, was an indication of those things that are often beyond our control and often threaten our inner peace.

Jesus was challenging Peter, as it was, to rise above those things. By looking at the Lord and following His advice, Peter was able to walk on water.

But as soon as he looked down and he saw the size of the waves and felt the force of the wind against his face, he immediately began to sink.

Of course, he wisely reached out for the Lord's help in saving him.

The lesson for us is to do the same.

We must keep our eyes fixed on the Lord who alone can help us overcome those things that are beyond our control — that inner storm that dwells within the sea of our minds and hearts.

If we can do so, we will have an incredible peace.

The Lord is with us  
and He will keep us from sinking  
by teaching us how to walk on water,  
by walking in faith.

Amen? Amen!

---

*For further reflection...*

1. What “storms” in your life have you endured when things were out of your control?
2. Was there a time you did walk in faith, trusting the Lord would be there beside you?  
Remember it now.

*“Peter said, ‘Lord, if it is you, command me to come to you on the water.’ He said, “Come.”  
Peter got out of the boat to walk on water. Matthew 14:28*