

Lenten Reflection.

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Over the last few weeks, the theme of my prayer has been *fear*. What are the fears in my heart? What exactly am I afraid of? Where do they come from? Can I surrender them to Jesus? Particularly, the fears have been regarding my future; my Vocation the Lord has in store for me. It became clear the Lord is calling me to “step out of the boat;” to trust even when I cannot see two steps ahead of me. I decided to pray with **Matthew 14:22-33** when Jesus and Peter walk on water. Here is a piece of what I had written down in my prayer journal:

*“I imagine myself stepping out of the boat. All of my best friends and supporters are in the boat, cheering me on. Distracted by fear, I start to sink but they shout, “Say Jesus’ name, Sarah! Trust Him!” I do, and You, Jesus, **immediately** stretch out your hand.*

We’re together on the water. You tell me to look at You...in Your eyes. You say, “Trust me.” I feel in my heart I do trust and the stormy skies fall away. Keeping my eyes on You, I see beautiful, sunny skies now radiate above me. You invite me to dance, like the song—“Dancing on the Waves.” We play, dance, splash each other in the face, and run around. There’s abundant joy. I forget we are even on the water...

I look up. The sky has changed back to dark and stormy clouds...but I did not even notice. It doesn’t matter this time. You smile and say, “Look at me, Sarah,” and we dance through the storm.”

This filled my soul with peace. I have been so distracted by everything around me that I kept forgetting to keep my eyes focused on Jesus. His loving gaze holds me in place, keeps me grounded; keeps me centered. It is full of gentleness, love, and trust — not condemnation, disappointment, or discouragement. We will never be able to fully comprehend the love that the Lord — Love, Himself, (because God is love) — has in His heart for us. It is uncontainable, limitless; completely abundant.

This is what the Lord invites you into — a relationship with the One who loves so much but is loved by so little. He invites you into an abundant, joyful life full of freedom and love. This is why we enter Lent — to allow the Lord to deepen our relationship with Him. Lent is not just a time of empty sacrifices from sweets or fasts from chocolate. Lent is a time of entering into the Lord’s passion with Him — entering into these places where we *are* afraid, and allowing Him to call us out upon the water; allowing Him to reach out His hand.

Fasting is powerful. Prayer is powerful. I have witnessed actual miracles born out of both. However, they are *meaningless* and pointless without **love**. They are only powerful when done out of a deep love. I challenge you to choose your fasts, choose your extra prayers, choose your almsgivings, with the intention of doing them for love. Are there people you

could fast for? Is there a virtue you feel the Lord inviting you to grow in? How is the Lord wanting to pursue you—and specifically you—right now? How are you going to let Him in? How is Jesus inviting you to grow in love this Lent?

Pray with this passage. Put yourself in this scene. This Lent, He is stretching out His hand to you. What will you say? What will you do?

I'm praying with and for all of you, my friends! You have no idea how loved you are!

P.S. I invite you to pray and meditate with this song as Jesus sings these words over you!

“Dancing on the Waves” by Bethel

<https://open.spotify.com/track/2soQW3y7DwZIPH4fS5av1W?si=bae0e092c6874a08>

<https://youtu.be/5CLafssD6bM>