

Tuesday 2 July

Today is Tuesday 2 July, in the Thirteenth Week of Ordinary Time.

Whatever activity and noise and distractions there are around me, whatever worries and concerns are vying for my attention, I begin this prayer today by finding that centre of still-ness within me, settling into a moment of peace, asking for the peace that only God can give.

Today's reading is from the Gospel of Matthew.

Do you ever feel that the Lord is asleep to the dangers and difficulties in your life?

What do you most want to wake Him up to now? Do you realise the Lord is always with you? That there is nothing to be afraid of?

As you listen to the reading again, be conscious of the wind and waves. But also be conscious of Jesus' presence.

Speak to the Lord now. Ask him to help your 'little faith' to grow strong.