

## Tuesday of the Fifth Week of Great Lent

**“Walking With Christ”** (Regnum Christi Meditation for Wednesday after Epiphany - [Audio Version](#) \* - Mark 6:45-52)

Mark 6:45-56 - After the five thousand had eaten and were satisfied, Jesus made his disciples get into the boat and precede him to the other side toward Bethsaida, while he dismissed the crowd. And when he had taken leave of them, he went off to the mountain to pray. When it was evening, the boat was far out on the sea and he was alone on shore. Then he saw that they were tossed about while rowing, for the wind was against them. About the fourth watch of the night, he came toward them walking on the sea. He meant to pass by them. But when they saw him walking on the sea, they thought it was a ghost and cried out. They had all seen him and were terrified. But at once he spoke with them, “Take courage, it is I, do not be afraid!” He got into the boat with them and the wind died down. They were completely astounded. They had not understood the incident of the loaves. On the contrary, their hearts were hardened. After making the crossing, they came to land at Gennesaret and tied up there. As they were leaving the boat, people immediately recognized him. They scurried about the surrounding country and began to bring in the sick on mats to wherever they heard he was. Whatever villages or towns or countryside he entered, they laid the sick in the marketplaces and begged him that they might touch only the tassel on his cloak; and as many as touched it were healed.

**Introductory Prayer:** Lord, I see in you how to live life with the Spirit as my foundation, as the rock that permits me to walk through any troubled moment with peace and joyful abandonment to your will. Gratefully I put all my trust in you and offer all my meager love in return.

**Petition:** Lord, grant me the grace not only to know, but to live your presence as the one and only foundation of my hope and happiness.

1. **He Went off to the Mountain to Pray:** Christ did not run his interior life on the thrill of immediate success. The core of what consoled and sustained his heart was not splendid results in the apostolate, but rather his prayerful union with his Father in heaven. Whether results for his mission were easy or hard to obtain, Christ was equally given and equally motivated. Constancy of spirit and firmness of will are founded not on momentary results, but on the peace and deep joy of living the Father’s will. Christ defends this sacred place in his heart with one key element: time. Making time for prayer builds the wall that defends God’s sanctuary in our soul. Time for him alone is what establishes a beachhead for the Kingdom in us, so

that we can establish it around us. From there we see what is passing, superficial or vain. This leads us to embrace what is eternal, self-giving and perfect in love.

2. **He Saw That They Were Tossed About While Rowing:** Whenever the apostles pushed out on the water, it was a time to learn. Water symbolizes life, and waves symbolize all the uncertainties of this life, all the trials and sufferings that seemingly labor to bring our world to a bad end. Christ consistently tests and forms more deeply those whom he loves. Troubles are not eliminated because we have found Christ. Rather, at times they may increase, for they are the training ground of a saint and an apostle. Christ saw the apostles in trouble, but they were never alone—the watchful gaze of Christ never left them, his care was never absent. Let my faith bring me to confidence in that gaze, the all-knowing presence of Christ, in all I do and suffer for him.
3. **“Take Courage, It Is I, Do Not Be Afraid!”** St. Augustine wrote of this passage, “He came treading the waves; and so, he puts all the swelling tumults of life under his feet. Christians—why be afraid?” Walking with Christ permits us to conquer the waves that wish to overwhelm us. Contact with him in prayer helps us to find solid ground in the midst of quicksand. The conquering Christ reminds us that no evil is stronger than he, that there is no sin or temptation that cannot be put behind us, and that there is no setback in health or business or disappointment in a loved one that cannot ultimately become a new good when we walk in cadence with Christ.

**Conversation with Christ:** Lord, at times I experience all my human successes and securities with such satisfaction that I forget that in a moment they could all be taken from me. In an instant, what was once stable could turn into a stormy sea. What are these comforts and goods to me, if from the beginning they have not been for you, have not honored you? Will I be able to cling to them in eternity? Forgive my superficiality in these moments. I seek now to ground myself more firmly in you, the true and eternal rock of my life.

**Resolution:** I will seek to remember the goals I have to achieve today for eternity: holiness of life, fulfillment of God’s will, and service of my neighbor.

*\*The Gospel read in the Maronite Church on Tuesday of the fifth week of Great Lent is Mark 6:47-56. The Audio version and the meditation above are based on Mark 6:45-52, the ones below are based on Mark 6:53-56*

**“Faith and Christ’s Healing Power”** ( Regnum Christi Meditation for Monday of the Fifth Week of Ordinary Time - [Audio Version](#) - Mark 6:53-56)

After making the crossing, they came to land at Gennesaret and tied up there. As they were leaving the boat, people immediately recognized him. They scurried about the surrounding country and began to bring in the sick on mats to wherever they heard he was. Whatever villages or towns or countryside he entered, they laid the sick in the marketplaces and begged him that they might touch only the tassel on his cloak; and as many as touched it were healed.

**Introductory Prayer:** I believe in your power of healing grace, in your capacity to heal both physically and spiritually. I come to you in spiritual illness and weakness, confident in your desire to heal and strengthen me. I humbly offer you my soul, wounded and aching from the spiritual cancer of self-love, pride and self-sufficiency. I abandon myself to your loving mercy. Thank you, Lord, for watching over me and loving me unconditionally.

**Petition:** Lord, heal my heart and soul, and help me to do what I must do to maintain my spiritual health.

- 1- “People recognized him and started hurrying all through the countryside.”** For the most part, the people in this Gospel were not “hurrying throughout the countryside” to invite others to come and seek forgiveness and spiritual healing from Jesus. They were in haste, yes, but in haste to bring the sick so that the Lord would heal them from their physical infirmities. How blind is the human heart that often fears physical illness more than spiritual infirmities and falling out of God’s grace! The gravest ills we can suffer are those that come from within us: “For from the heart come evil thoughts, murder, adultery, unchastity, theft, false witness, blasphemy. These are what defile a person” (Matthew 15:19-20).
- 2- “They laid down the sick in the open spaces, begging him to let them touch even the fringe of his cloak.”** Holy men and women throughout the centuries have firmly believed that “touching” Christ through receiving the sacraments brings about spiritual healing and redemption. “My heart has been wounded by many sins,” St. Ambrose used to pray before he celebrated Mass, “my mind and tongue carelessly left unguarded. Lord of kindness and power, in my lowliness and need I am turning to you, the fountain of mercy; I am hurrying to you to be healed; I am taking refuge under your protection. I am longing to meet you, not as my Judge but as my Savior. Lord, I am not ashamed to show you my wounds. Only you know how many and how

serious my sins are, and though they could make me fear for my salvation, I am putting my hope in your mercies, which are beyond count. Look on me with mercy, then, Lord Jesus Christ, eternal King, God and man, crucified for our sake. I am putting my trust in you, the fountain that will never stop flowing with merciful love: hear me and forgive my sins and weaknesses.”

**3- “All those who touched him were cured.”** All those who touched Jesus Christ with the touch of faith were cured: the Canaanite woman, the blind man, the ten lepers, the man with a withered hand, the paralytic, Jairus’ daughter, the woman with the hemorrhage, the boy with a demon, the Gerasene demoniac, the deaf man. All these people in the Gospel had something in common: it was their faith that allowed the Lord to heal them. The phrase used in the case of the woman with the hemorrhage is telling: “power had gone out from him” (Mark 5:30). Faith is one of the most powerful acts of the human person, since God himself chooses to be moved by it. How strong is my faith in the power of our Lord Jesus Christ? Do I reach out and touch him in faith every day? Do I allow him to act in my life through faith? What am I waiting for?

**Conversation with Christ:** Lord, you are all powerful and the source of my salvation and spiritual healing. In this prayer I am reaching out to touch you in faith, even though I am unworthy and my faith is weak. Heal me, Lord. Give me the strength to resist the power of evil in my life and to adhere to your grace and goodness. Lord, I believe; increase my faith.

**Resolution:** I will offer up short acts of faith in the Lord throughout the day.