

AN EXAMINATION OF CONSCIENCE: **“Lord Save Me.”**



In the Gospel of Matthew, we read the story of Jesus' walking on water. This very familiar miracle has been told to each of us at some point in our lives and has become synonymous with Christ. We see Peter's extreme faith and his faltering faith as well. As we read this passage, let us examine our own conscience and place ourselves within the story.

Matthew 14:22-33:

“Then he made the disciples get into the boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile, the boat, already a few miles offshore, was being tossed about by waves, for the wind was against it. During the fourth watch of the night, he came toward them, walking on the sea. When the disciples saw him walking

on the sea they were terrified. “It is a ghost,” they said, and cried out in fear. At once Jesus spoke to them, “Take courage, it is I; do not be afraid.” Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” Peter got out of the boat and began to walk on the water towards Jesus. But when he saw how strong the wind was, he became frightened and began to sink, he cried out, “Lord, save me!” Immediately, Jesus stretched out his hand and caught him, and said to him, “O you of little faith, why did you doubt?” After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, “Truly, you are the Son of God.”

The disciples are in a boat waiting for Jesus. It is a place of safety for them, even when the wind is howling and the waves are crashing. It is a place of comfort when they think they are seeing a ghost.

- The boat can represent a place of safety and security. ~ Where, who or what is my place of comfort?
- Do they coddle me or challenge me as well?
- Do I allow myself to get too comfortable and not push myself to be the best I can be?
- In what areas of my life do I need to recognize my selfish comfort?
- Have we ever let fear get in our way of serving the Lord?
- Was there a time when I could have done something good – for myself, for someone else – and I consciously chose not to do it?
- Am I afraid of who God is calling me to become?

The disciples are waiting for Christ in the boat, but when Jesus approaches them, they are terrified and call him a ghost. In much the same way, we want Christ to appear in our lives but when He might be showing us His plan for our lives, we too are afraid. In a similar fashion we all have been Peter and wanted to join Christ and be the very best that we can be but when our lives come crashing into us, we hesitate and think “How can I possibly do this? There’s no way” and at that moment we begin to sink. Peter came out of the boat because of his desire and love for Jesus... yet even in his love, he had his doubts and fears.

- Do I recognize Jesus Christ in my daily life?
- Can I say that I trust in Jesus enough to jump out of my place of comfort to be with Him?
- When were times that I was distracted by the “waves” in my life, that I took my eyes off Jesus?

- Do I get distracted by my self-interest? Do I get distracted by behaviors that don't show my love of God?
- Do I follow the commandments? In honoring God? In loving my neighbor? In being a faithful steward and owner of my body and my possessions?
- Do I recognize the dignity of all people and of God's creation?

Jesus Christ loves us so much that He reaches into the sea of our lives and pulls us out. As the Gospel tells us, he did this with Peter IMMEDIATELY! We must never forget that Christ's love for us is an eternal bond brought to us through the sacrament of Baptism where we die and are reborn with Christ. In the Sacrament of Reconciliation, we are given the beautiful opportunity to reconcile ourselves with God and rebuild our relationship broken by sin. This is the tool that God uses to bring us up out of the sea of our daily struggles and towards him to be in union with God the Father, Christ the Son, and the Holy Spirit. Look at the picture of Jesus and reflect on the following:

- Do I allow Jesus' love and mercy into my life?
- Do I believe in the power of God's forgiveness?
- When was a time that I really needed Jesus to lift me up and save me from the waters?
- What do I really want to say to Jesus right now?

St. Francis de Sales reminds us that when sailors get lost in a storm, they do not look down and stare at the water for guidance, rather, they look up to the stars to see where they are to go. We too, are called to not look down on the things that have made us lose our way, but to look up to heaven, to God, to get back on the right path.

Reflection Song: ["Walk on the Water" by Britt Nicole](#)

You look around, staring back at you
Another wave of doubt, will it pull you under? You wonder
What if I'm overtaken? What if I never make it?
What if no one's there? Will You hear my prayer?

When you take that first step into the unknown
You know that He won't let you go

So what are you waiting for? What do you have to lose?

Your insecurities, they try to halt you
But you know you're made for more, so don't be

afraid to move
Your faith is all it takes, and you can walk on the water, too

So get out, and let your fear fall to the ground
No time to waste, don't wait, and don't you turn around and miss out

Everything you were made for, I know you're not sure

So you play it safe, you try to run away

If you take that first step into the unknown
He won't let you go

So what are you waiting for? What do you have to
lose?

Your insecurities, they try to halt you
But you know you're made for more, so don't be
afraid to move
Your faith is all it takes, and you can walk on the
water, too

Step out, even when it's storming
Step out, even when you're broken
Step out, even when your heart is telling you
Telling you to give up

Step out, when your hope is stolen
Step out, you can't see where you're going
You don't have to be afraid
So what are you waiting, what are you waiting for?

So what are you waiting for? What do you have to
lose?
Your insecurities try to alter you
You know you're made for more, so don't be afraid
to move
Your faith is all it takes, and you can walk on the
water
Walk on the water, too

Let us pray:

God, you know me better than I know myself. Help me to honestly reflect on how I have allowed myself to sink in the storming waters of my life. Strengthen my trust in you and open my heart to receive your forgiveness. Show me your grace by picking me up out of the raging sea and place me in the comfort of your care. We ask this through Jesus Christ, our Lord. Amen.

