MEDITATION: WALKING ON WATER

You are walking along the shore of a lake on a summer evening. The last rays of sunlight are fading and the sky is filled with large dark clouds surrounded by streaks of red and orange. The air is warm and clear, with only a slight breeze. The lake is calm, and gentle waves touch your bare feet as you bend to pick up a small shell. Look at the shell and feel it in your hand....... You place the shell in your pocket and continue along the shore. Feel the sand between your toes as you walk… and the waves as each one wraps around your feet and ankles. In the distance, you see a small wooden boat resting on the shore’s edge. You have been walking for a while and you begin to feel tired. You look around to make sure no one is nearby….and then you climb into the boat. You lie down and rest your head on the small blanket that the owner left on the seat. Staring up at the darkening sky, you begin to daydream about your hopes for the future…. And what you would like to accomplish before you leave this world….. (pause).

 Your eyelids are feeling heavy and you are getting very comfortable… in no time at all, the sky is completely dark and there is not a single star or light in sight. You close your eyes…and feel the floor of the wooden boat beneath you and the soft blanket under your head…. (pause) You fall asleep, and wake up

 In the dim light, you see someone coming toward you on the shore… At first, you are relieved because you think another boat is coming to rescue you. You strain your eyes, trying to focus on the man on the water, but you can’t see the boat…only the man, walking directly on the water. Your heart jumps, as you realize that the man you are seeing is Jesus. He draws nearer to your boat. Hear him call out your name as the thunder crashes overhead...

He is close enough now for you to see his face. He is smiling, almost laughing, as he holds his hand out to you across the water. The waves are tossing the boat back and forth as Jesus calls your name again. “Come out of the boat and walk to me!” he laughs. You suddenly feel brave and swing your legs over the side of the boat…..With a feeling of complete trust, you step out onto the lake. You look in Jesus’ eyes and see him smile at you. You feel the wind in your face and the water crashing against your legs. Rain begins to fall…. Feel it roll down your face and back as you continue to gaze into Jesus’ eyes….. You take a few halting steps and then realize that the wind is blowing harder. Your eyes move from Jesus’ face and you look down at the waves. Panic again fills your soul. You feel yourself beginning to sink, lower and lower, into the water. (pause)

 First, the water reaches your knees…then it surrounds your waist….in a minute, your arms are underwater… You look up at Jesus again and focus on his eyes. He holds out both hands to you. Gripping his hands with all your might, you allow him to pull you up out of the water. Jesus pulls you toward him and holds you in his arms…the thunder roars louder overhead, but you know you are safe with Jesus. You allow Jesus to hold you in his strong arms. (pause)

 With his arm still around your waist, Jesus walks with you to the boat. The wind begins to calm down as the storm moves off into the distance…You can hear the thunder rumbling softly as Jesus picks you up and places you gently back in the boat. As he climbs in beside you, you see the clouds moving off and the stars coming out above you. A full moon is shining overhead.

 The air is warm after the summer storm and it gently blows through your hair and clothing. You reach for the oars, but Jesus puts his hand on yours to stop you. “Are you in a hurry?” he asks you, smiling. “Let’s stay here and talk for a while.” You agree and lean back on the seat of the boat, tired and weary after your near-drowning experience….

 Jesus asks you who you really trust in your life. You think for a moment and then begin to share these names with Jesus…. (pause) He asks you why you trust these people, and you tell Jesus your reasons…

(pause) Then Jesus asks you to tell him about those friends, relatives, or co-workers that you find it difficult to trust. (pause….)

 Then, Jesus leans closer, looks into your eyes and asks “Do you trust me?’ Talk to Jesus a while about this… (pause). Jesus tells you that he trusts you completely….and that he is always there with you when you have a problem…or a challenge…or would like to try something you have never done before…

 Jesus takes your hand and asks you what you would like to try if you knew for certain that he was standing right next to you… and would not allow you to fail. Share your thoughts with Jesus…..(pause)

 Then Jesus asks you what your dreams are for your life…. What would you like to accomplish?.......What are your hopes for the future? Take some time to talk with Jesus about this……..(pause)

 Jesus looks off into the distance and tells you that it is time for him to go…and time for you to begin working on some of your dreams. Jesus takes the oars and rows the boat back to shore while you both sit silently. He helps you step out of the boat and you feel the earth under you once again… Jesus asks if he can bless you before he leaves….Placing his hands on your head, hear Jesus ask for you to trust him so that you could have the courage to accomplish your biggest dream. What dream is he mentioning?.... When he is through with his prayer, Jesus gives you a big hug and an even bigger smile… As he walks off he turns around and yells to you – “Trust me – I won’t EVER let you down!” You reach into your pocket and pull out the shell you found on the beach…