

## MEDITATION – CALMING WATERS – 13TH JULY 2021

The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures,  
**He leads me beside quiet waters, he restores my soul.**

Psalm 23, verses 1 to 3



Bathing  
Soothing  
Soaking  
Cooling  
Calming  
Balm

At the beginning of June we were lucky enough to spend five days, with our daughter, husband and two grandsons of 5 and 7, in an isolated cottage beside a beautiful reservoir high in the Yorkshire Dales.

The children were so excited to be beside the water, we walked around the reservoir several times with the children entranced.

We have probably all benefited from the calming effects of water.

As babies our children and grandchildren have enjoyed the soothing effects of water – baths at bedtime, cooling in water when they had temperatures and, of course, creative play which may distract them and bring calm times.

As adults too, when we have had a day of gardening or housework, or when we are tense and anxious, standing under a shower or soaking in a bath can bring relief from physical or mental discomfort.

What a gift our Father has given us in water, a balm for our bodies and souls!

In the Old Testament we read:  
*Therefore you will joyously draw water  
From the springs of salvation.*

**Isaiah 12:3**

And in John's Gospel:

*"But whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life."*

**John 4:14**

*He who believes in me, as the Scripture said, 'From his innermost being will flow rivers of living water.'*"

**John 7:38**

So we read of Jesus as the water of life, living water sustaining us but the symbolism of Jesus and water does surely also encompass the soothing, calming and cleansing elements and possibilities which I have suggested earlier.

The Yorkshire reservoir delighted us all in its ever-changing beauty - the reflections of cloud, sun and hills, the many birds floating and feeding on the water, the myriad treasures of debris around its edges – it took us all away to another beautiful and calming place.

The seaside is also a choice for our young people for a day's outing. They love the caressing touch of the little waves at the edge of the water and the mesmeric majesty of waves breaking on the shore.

Another of God's great gifts to us!

I offer you extracts below, of a prayer by Michel Quoist from his book *Prayers of Life*

From *The Sea*

The other day I saw the sea, calm and serene.  
The waves came from afar, creeping, not to draw attention.  
Quietly holding hands, they slipped noiselessly and stretched at full length on the sand,  
To touch the shore with the tips of their beautiful, soft fingers.  
The sun gently caressed them, and they generously returned streams of light.

...Lord, grant that I may live my days calmly and fully,  
As the sea slowly covers the whole shore.  
Make me humble like the sea, as silently and gently, it spreads out, unnoticed.  
May I wait for my brothers and match my pace to theirs, that I may move upward with them.  
Grant me the perseverance of the waters.  
May each of my retreats turn into an advance.  
Give my face the light of clear waters.  
Give my soul the whiteness of foam.  
Illumine my life that it may sing like sunbeams on the surface of the sea.  
But above all, Lord, may I not keep this light for myself, and  
May all those who come near me return home eager to bathe in your eternal grace.

So, thank you, Lord, for the magical gift of water,  
we pray that we might share this precious gift with others...

Water to bathe in  
Water to sooth our troubled bodies  
Water to soak in, giving us recovery time  
Water to cool our fevered bodies  
Water to calm our overstimulated brains  
Water the balm for our souls



*Calm me, O Lord, as you stilled the storm.  
Still me, O Lord, keep me from harm.  
Let all the tumult in me cease.  
Enfold me, Lord, in Your Peace.*

*Le Onde (The Waves) Ludovico Einaudi*

[https://www.youtube.com/watch?v=le951V1yd4A&list=RDle951V1yd4A&start\\_radio=1&rv=le951V1yd4A&t=22](https://www.youtube.com/watch?v=le951V1yd4A&list=RDle951V1yd4A&start_radio=1&rv=le951V1yd4A&t=22)