

**WEEK THREE
ART EXPRESSION****The Storms of Life**

This week we have examined two stories where Jesus has brought calm and quiet out of chaos; calming the storm (Matthew 8:23–27, Mark 4:35–41, Luke 8:22–25) and Walking on water (Matthew 14:22–34, Mark 6:45–53, John 6:15–21).

READ THE STORY:

Choose one of these stories. Read one or all versions of the story. Consider reading in different versions.

PICTURE THE STORY:

Take time to imagine the scene. What is going on inside the boat? What is going on outside the boat? What are the disciples doing? What is Jesus doing? What are you doing?

PROCESS THE STORY:

- **What is happening in the story?** What is Jesus doing with and for the disciples? How is Jesus interacting with the surrounding chaos? How does Jesus bring calm to the situation?
- **What is happening in your life?** How will he respond to the chaos in your life? How does he bring calm and quiet? What does that mean for you? What does Jesus want you to learn or do?

RECREATE THE STORY:

As you reflect on the story, allow God to invigorate your creative juices. Imagine Jesus interacting with the chaos of your life and offering you a calm heart and quiet soul. Put pencil to paper, paint to canvas, thread to needle, create a video, compose a song, choose whatever medium inspires you. Include illustrations, symbols, flourishes, verses, words, memories to make this personal.

Use this time of expression as an act of worship to God. Display your path as a reminder of God's faithful presence in your life, even during the times you were less than faithful.