

WEEK THREE THE WEEK AHEAD

Calm and Quiet

This week we will draw inspiration from two stories where Jesus interacts with the wind, waves, and water. Through these stories we discover that Jesus has power over the storms and chaos in nature. As you engage with these stories, consider how Jesus can also have power to calm the storms and chaos of our lives and lead you to a calm heart and quiet soul.

- Calming the storm (Matthew 8:23–27, Mark 4:35–41, Luke 8:22–25)
- Walking on water (Matthew 14:22-34, Mark 6:45-53, John 6:15-21).

WEEKLY DEVOTIONAL: This week we will look at these two stories and process how they can relate to our current experiences. We will wrap up our week by reflecting on Jesus' promise of rest to the weary and burdened. For your time, you will need your bible and a journal to process what God is teaching you. You will also be invited to spend some time in quiet, meditating on a line from scripture.

SOUNDTRACK: This week I am inviting you to use Sarah Sparks' song, inspired by Psalm 131. It speaks of a person who is wrestling with God in the night. We all have restless nights where we cry out to God. We are waiting, desperate, and angry as we ask God to calm and quiet our souls.

SPIRITUAL PRACTICE: For your time of spiritual practice, you are invited to experience Ignatian Contemplation, or imaginative prayer. In this prayer practice, you place yourself inside a passage from the Bible. You imagine the sights and sounds, you interact with the people, and you ask questions of those present in the story. For this exercise you will need to set aside 30-45 minutes to properly engage in the story. Dive into one of these two stories of Jesus on the water.

ARTISTIC EXPRESSION: Storms of Life

As you reflect on one of these two stories, 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.