

**WEEK THREE**  
**FAMILY DEVOTIONAL**  
**ART AND IMAGINATION**  
**JESUS CALMS OUR STORMS**

**MARK 4 35-41: Jesus Calms the Sea**

35 Jesus said to his followers, "Come with me across the lake." 36 So they left the crowd behind and went with Jesus in the boat he was already in. There were also other boats that went with them. 37 A very bad wind came up on the lake. The waves were coming over the sides and into the boat, and it was almost full of water. 38 Jesus was inside the boat, sleeping with his head on a pillow. The followers went and woke him. They said, "Teacher, don't you care about us? We are going to drown!"

39 Jesus stood up and gave a command to the wind and the water. He said, "Quiet! Be still!" Then the wind stopped, and the lake became calm.

40 He said to his followers, "Why are you afraid? Do you still have no faith?"

41 They were very afraid and asked each other, "What kind of man is this? Even the wind and the water obey him!"

**IMAGINATIVE PRAYER**

This is a unique way that engages the mind and heart and stirs up thoughts and emotions as you place yourself inside a biblical story.

As a family, take several deep breaths and clear your mind, consider using our breathing prayer. Open your heart to the coming process by reflecting on elements of the story that connect with your soul.

Have someone read the story above. As they read the story, picture yourself in the boat. See the storms around you. Imagine Jesus quieting the wind calming the sea. Open your mind and imagination as you will begin to experience the story. Let it fill your heart and mind, seeing the story come alive. As you begin to picture the story in your mind, place yourself inside the boat. Interact with disciples. See the wind and waves. Help wake up Jesus. Watch in awe and wonder as Jesus calms the sea.

Let everyone imagine the story in their mind for a few minutes. As the scene winds down, in your minds talk with Jesus. Share with him what you saw and felt. Speak heart-to-heart, as if conversing with a close friend. Ask Jesus what he wants you to learn from the experience. See what he has for you today.

When everyone is done, take time to process. What did you experience during this time of prayer? How did it feel? What did Jesus want you to learn from your experience? How did your experience reshape the story from the Bible?

**ART EXPRESSION: Storms of Life**

Read the story above. Picture yourself in the boat. See the storms around you. Imagine Jesus quieting the wind calming the sea. Now imagine Jesus interacting with the storms of your life and offering you a calm heart and quiet soul.

Work as a family or as individuals and create an artistic representation of Jesus calming your storms. Put crayon to paper, paint to canvas, thread to needle, sculpt with clay, create a video, compose a song, choose whatever inspires you. Include illustrations, symbols, flourishes, verses, words, memories to make this personal.

Share your art with others!