

**WEEK THREE**  
**FAMILY DEVOTIONAL**  
**CALM AND QUIET**

**INTRODUCTION:** This week our theme is calm and quiet. Do you like to be calm and quiet? It is difficult for most of us. This week we will look at a few stories where Jesus offers calm and quiet to people in storms and to the tired and weary. Use your time together to put aside the distractions of life and spend some time with Jesus as a family.

**OPENING PRAYER:** Psalm 131 (ERV)

Lord, I don't feel proud. I don't see myself as better than others. I am not thinking about doing great things or reaching impossible goals. No, right now I am calm and quiet, like a child content in its mother's arms. Hope in the Lord. Trust in him now and forever! Amen.

**BREATHE:** Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God's presence. Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope. Trust.

**MUSIC:** Listen to Psalm 131 by Sarah Sparks

**READ PSALM 131: 1 (ERV)**

Lord, I don't feel proud. I don't see myself as better than others. I am not thinking about doing great things or reaching impossible goals. **No, right now I am calm and quiet.**

**THIS WEEK'S JOURNEY:**

This week take some time to read the four selected Bible passages. Choose one each day, read it together as a family, and answer the discussion questions provided. Then wrap up your time with your family by saying the Psalm 131 prayer together.

**CLOSING PRAYER:** Psalm 131 (ERV)

Lord, I don't feel proud. I don't see myself as better than others. I am not thinking about doing great things or reaching impossible goals. No, right now I am calm and quiet, like a child content in its mother's arms. Hope in the Lord. Trust in him now and forever! Amen.

**BONUS:** See supplemental guide: Art & Imagination

**ART ACTIVITY: Storms of Life**

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.

**PRAYER PRACTICE:** Imaginative Prayer

Imagine the story in your 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.

**DAY ONE:****MATTHEW 14:22-33: Jesus Walks on Water**

22 Then Jesus made the followers get into the boat. He told them to go to the other side of the lake. He said he would come later. He stayed there to tell everyone they could go home. 23 After Jesus said goodbye to the people, he went up into the hills by himself to pray. It was late, and he was there alone. 24 By this time the boat was already a long way from shore. Since the wind was blowing against it, the boat was having trouble because of the waves.

25 Between three and six o'clock in the morning, Jesus' followers were still in the boat. Jesus came to them. He was walking on the water. 26 When they saw him walking on the water, it scared them. "It's a ghost!" they said, screaming in fear.

27 But Jesus quickly spoke to them. He said, "Don't worry! It's me! Don't be afraid."

28 Peter said, "Lord, if that is really you, tell me to come to you on the water."

29 Jesus said, "Come, Peter."

Then Peter left the boat and walked on the water to Jesus. 30 But while Peter was walking on the water, he saw the wind and the waves. He was afraid and began sinking into the water. He shouted, "Lord, save me!"

31 Then Jesus caught Peter with his hand. He said, "Your faith is small. Why did you doubt?"

32 After Peter and Jesus were in the boat, the wind stopped. 33 Then the followers in the boat worshiped Jesus and said, "You really are the Son of God."

**DISCUSS:**

- Why were the disciples afraid when they saw Jesus? Would you have been?
- What does Peter ask Jesus to do? Why do you think the others do not join him? What would you do?
- Why does Peter start to sink? How does Jesus respond?
- What happens when they get on the boat? How do Jesus followers respond?

When hard times come at us (like the waves of the storm) it is easy to look at them and worry. Often those worries cause us to sink (like Peter). Jesus wants us to keep looking to him during these times. But he knows that we can also become distracted, and he will always offer a helping hand when we call out to him.

**DAY TWO:****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!"

**DISCUSS**

- What happened while they were sailing to the other side of the lake? What was Jesus doing?
- Why did the disciples wake Jesus up?
- What did Jesus do when they wake him up? Why were the disciples confused and scared?
- How would you respond if you saw someone stop a storm?

Jesus did something no one else ever could. He calmed and quieted a storm with only his words. This is why the disciples wondered "what kind of man is this?" No one ever expected to see such a thing. Sometimes our storms (the difficult things we face) can seem impossible to get past, but Jesus can help us through them. He may not stop our problems, but he can calm our hearts and quiet our souls.

**DAY THREE****PSALM 107: 23-31: Deliverance from the Sea**

23 Some sailed the sea in ships. Their work carried them across the water.

24 They saw what the Lord can do. They saw the amazing things he did at sea.

25 He gave the command, and a strong wind began to blow. The waves became higher and higher.

26 The waves lifted them high into the sky and dropped them into the deep sea.

The storm was so dangerous that the men lost their courage.

27 They were stumbling and falling. Their skill as sailors was useless.

28 They were in trouble, so they called to the Lord for help, and he saved them from their troubles.

29 He stopped the storm and calmed the waves.

30 The sailors were happy that the sea became calm, and he led them safely to where they wanted to go.

31 Thank the Lord for his faithful love and for the amazing things he does for people.

**DISCUSS:**

- How did the sailors respond to the storms?
- When did they call out to the Lord? How did the Lord react?
- How did the sailors respond when the storms became calm?
- What are some amazing things God does that you can thank him for?

God cared for the sailors as they faced storms. When they realized that there was nothing they could do (that their pride and arrogance was useless) they cried out to the Lord. When we admit to God that we cannot make it without him, he comes to our aid. Thank God for all the good things he does for us!

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**DAY FOUR****MATTHEW 11: 28-30: Rest for your Soul**

Jesus said 28 "Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest. 29 Accept my teaching. Learn from me. I am gentle and humble in spirit. And you will be able to get some rest. 30 Yes, the teaching that I ask you to accept is easy. The load I give you to carry is light."

**DISCUSS:**

- Who does Jesus invite to come to him? Are you tired from heavy burdens?
- What does he give the people that come to him? Do you need rest for your soul?
- Jesus says that he is gentle and humble. Why is that important? Does knowing that make it easier to come to Jesus?

Jesus knows that life is hard. There are a lot of tough things that we are going to face. Jesus does not say that he will take away the tough times, but that he will be with us. He says that when we follow him, we can find rest, comfort, calm, quiet, and peace.