

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

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

35 As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." 36 So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). 37 But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

38 Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

39 When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. 40 Then he asked them, "Why are you afraid? Do you still have no faith?"

41 The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves 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.

Take several deep breaths and clear your mind, consider using our breathing prayer.

Read the story and think about who is in the story, where and when the story takes place, what is happening in and around the boat. Open your heart to the coming process by reflecting on elements of the story that connect with your soul.

Read the story again, then allow yourself to enter the story by picturing 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.

As the scene winds down, take some time to process what you have experienced 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 you are 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? Consider writing in your journal or doing the Art Expression below.

**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.

Create an artistic representation of Jesus calming the storms in your life. Put pencil 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!