

# In The Quiet or the Storm: Follow Me

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*A Morning of Listening*

## **Getting Started**

Thank you for joining us for this morning of listening. Our desire is to create a space for God to speak to us through the Scripture and by his Spirit. If you have never done anything like this before, don't panic. Settle into this time of quiet and meditation. The information here will serve as a guide for your time.

Sometimes we are tempted to move quickly through listening exercises so I've offered suggested times to spend in each section to help you remain in the space and listen as God is speaking to you. Feel free to move at your own pace and use the suggested times only if they are helpful to you. But do try to take it slowly.

This time is meant for just you and God. Please go to a quiet space by yourself as you take time to listen to Him.

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## **Settling In (10 minutes)**

Take a moment to rid yourself of all the distractions you carry with you today. List them here and then make them the focus of a prayer of surrender. During this time you may have random thoughts or anxieties come into your mind. Feel free to write them down here so that you can release them for the time being. It can also be helpful to visualize the distractions that come to mind and then imagine wrapping them in a prayer shawl. Then picture yourself laying down the concern on an altar before the Lord, allowing Him to take it.

**All of my distractions and concerns**

## Prayer of Surrender

### Invitation (5 minutes)

Acknowledge the presence of the Holy Spirit and invite Him to lead your time this morning. Ask Him to speak to you, to bring you peace, to increase your faith, and to provide whatever your soul needs today. Sit in this prayer or in the silence for a bit. Do not rush to the next thing.

### Reading (30 minutes)

Read Mark 4:35-41 three times.

1. The first time you read through the passage, simply taking in the story.
2. The second time, look for words or phrases that stand out to you.
3. The third time, mentally place yourself there in the storm with Jesus and His disciples.

#### **Mark 4:35-41**

“That day when evening came, He said to His disciples, ‘Let us go over to the other side.’

Leaving the crowd behind, they took Him along, just as He was, in the boat.

There were also other boats with him. A furious squall came up and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion.

The disciples woke Him and said to Him, ‘Teacher, don’t you care if we drown?’

He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’

Then the wind died down and it was completely calm.

He said to his disciples, ‘Why are you so afraid? Do you still have no faith?’

They were terrified and asked each other,

‘Who is this man? Even the wind and the waves obey Him!’”

Words and phrases that stand out and why they are meaningful to me today.

When I place myself in this story I feel . . .

When I place myself in this story I am surprised by . . .

## Reflection (35 minutes)

As Jesus' disciples face the storm, they have two fundamental questions for Jesus:

Don't you care if we drown?

Who are you?

These are the same questions we ask God. Do you care about my struggles? Are you going to do anything about them? And, who are you, really?

Certainly the disciples wanted the storm to cease and were relieved when it did, but then they faced something even more frightening – who is this man who commands the wind and the sea? Who is this man who has this authority and power over nature?

**Name an area of your life in which you are asking God, "Do you care?" Take time to pour out your heart and honestly ask him this question.**

**What does it look like for you to follow God in the midst of the storms you face today?**

### **Listening and Prayer (40 minutes)**

You have now spent some time thinking about Jesus' response to the storm. He silenced it, but surely the disciples would have preferred to have no storm at all. Look back over the passage and consider why Jesus took them into this storm? What does the passage reveal about his motive? Why does this matter?

Take time to listen to God speak to you about your storms and his power. Record your meditation and prayer here: