



THE WAVES AND WIND STILL KNOW HIS NAME



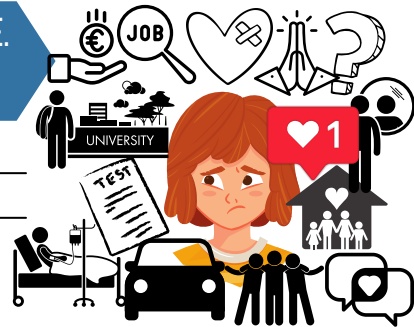
THINK BACK TO WHEN YOU WERE A CHILD. WHAT KIND OF THINGS WORRIED OR FRIGHTENED YOU?

HOW DID YOU OVERCOME THOSE WORRIES / FEARS?

HAVE YOU EVER HEARD ADVICE / QUOTES ABOUT DEALING WITH FEAR? WRITE THEM HERE

"Never let the fear of striking out get in your way." - Babe Ruth "It always seems impossible until it's done." - Nelson Mandela

AS WE GROW OLDER, OUR WORRIES AND FEARS CHANGE: THAT'S NATURAL. NO ONE IS IMMUNE. WHAT KIND OF THINGS WORRY YOU NOW? WHAT KIND OF FEARS DO YOU FACE?



READ THE FOLLOWING PASSAGE FROM MARK 4:35-41

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, "Teacher, do you not care if we perish?" And he awoke and rebuked the wind, and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. He said to them, "Why are you afraid? Have you no faith?" And they were filled with awe, and said to one another, "Who then is this, that even wind and sea obey him?"

PICK ONE LINE OR PHRASE THAT STANDS OUT FOR YOU AND WRITE IT OUT HERE:

RE-READ THE PASSAGE. PUT YOURSELF IN THE BOAT WITH JESUS, AS ONE OF THE DISCIPLES



WHAT CAN YOU SEE?

WHAT CAN YOU HEAR?

WHAT CAN YOU TOUCH?

WHAT CAN YOU TASTE?

WHAT CAN YOU FEEL?

HOW ARE YOU FEELING BEFORE JESUS WAKES UP?

HOW ARE YOU FEELING AFTER JESUS CALMS THE STORM?

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Visio Divina

- Where do you see yourself in this painting by Cornelis de Wael?
- What are you doing?
- Where are you in relation to Jesus?



SPEND SOME TIME SPEAKING PERSONALLY TO GOD ABOUT THE STORMS IN YOUR OWN LIFE. WHAT IS WORRYING YOU? DO YOU FEEL LIKE HE'S ASLEEP OR DOESN'T CARE? DO YOU WANT TO CALL OUT TO HIM FOR HELP?

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"Sometimes God calms the storm, but sometimes God lets the storm rage and calms His child." Leslie Gould

THE ROSARY OF TRUST



Fr Mark Mary CFR explains how he deals with his worries in a "Rosary of Trust" in this video. Try offering a "decade of trust", concretely handing over to Jesus a specific worry or anxiety with each of the ten Hail Mary beads. Focus on Jesus, the Solution, and not the worries. Start with an Our Father and end with a Glory Be.

"Let go, my soul, and trust in Him; the waves and wind still know His Name!" (Kristene DiMarco: It is well)

What 10 things can you hand over to God this week in your "Decade of Trust"?



TUNES TO LISTEN TO IN TIMES OF FEAR OR WORRY:

- It is well (Kristene DiMarco)
- Still (Hillsong)
- Peace, Be Still (Hope Darst)
- Rescue (Lauren Daigle)

- Whom Shall I fear? (Chris Tomlin)
- Cornerstone (Hillsong)
- Control (For King and Country)
- Praise You in this Storm (Casting Crowns)

