

PEACE IN THE STORM

One day Jesus said to his disciples, "Let's get in a boat and go across to the other side of the lake." So they set sail. Soon Jesus fell asleep. The wind rose, and the fierce wind became a violent squall that threatened to swamp their boat. So the disciples woke Jesus up and said, "Master, Master, we're sinking! Don't you care that we're going to drown?"

With great authority Jesus rebuked the howling wind and surging waves, and instantly they stopped and became as smooth as glass. Then Jesus said to them, "Why are you fearful? Have you lost your faith in me?"



Shocked and shaken, they said with amazement to one another, "Who is this man who has authority over winds and waves that they obey him?"

Luke 8: 22-25 The Passion Translation

The day looked pretty normal until something happened that left them feeling out of control; a storm like they'd never known before and fear and panic overtook them. They cried out - Master, we're sinking!

We are in strange and unprecedented times. Decisions to keep the population safe are being taken on our behalf and the situation is fast moving and changing almost by the moment.

Like those in the boat you might feel fearful, anxious, out of control, panicky, not sure what to do - like waves are crashing in from all directions, not knowing what is going to happen next.



Where can you turn for any kind of stability in a storm like we are facing today? The coronavirus is affecting every institution, organisation, business, family and individual. Life is almost unrecognisable.



Jesus asks "Why are you fearful? Have you lost your faith in me?"

Jesus speaks into the wind and calms the storm.

Jesus has power to calm our inner storms.

In these bewildering and uncertain times, where can we find comfort, relief and refuge?

Jesus says 'come to me and I will give you rest' Mt11:28

Psalm 46

Read these words of reassurance slowly. Read them a couple of times and allow Jesus to speak into your wind and calm your storm.

God, you're such a safe and powerful place to find refuge!

You're a proven help in time of trouble— *more than enough* and always available whenever I need you.

²So we will never fear even if every structure of support were to crumble away.

We will not fear even when the earth quakes and shakes, moving mountains and casting them into the sea.

³For the raging roar of stormy winds and crashing waves cannot erode our faith in you.

Pause in his presence

⁴God has a constantly flowing river whose sparkling streams bring joy and delight to his people.

His river flows right through the city of God Most High, into his holy dwelling places.

⁵God is in the midst of his city, secure and never shaken. At daybreak his help will be seen with the appearing of the dawn.

⁶When the nations are in uproar with their tottering kingdoms, God simply raises his voice and the earth begins to disintegrate before him.

⁷*Here he comes!*

The Commander!

The mighty Lord of Angel Armies is on our side.

The God of Jacob fights for us!

Pause in his presence

⁸⁻⁹Everyone look!

Come and see the breathtaking wonders of our God.

For he brings *both* ruin *and* revival.

He's the one who makes conflicts end throughout the earth, breaking and burning every weapon of war.

¹⁰Surrender your anxiety!

Be silent and stop your striving and you will see that I am God.

I am the God above all the nations, and I will be exalted throughout the whole earth.

¹¹Here he stands!

The Commander!

The mighty Lord of Angel Armies is on our side!

The God of Jacob fights for us!

Pause in his presence

The Passion Translation

Be still, and know that I am God

Be still, and know that I

Be still and know

Be still

Be



Jesus says: "I leave the gift of peace with you—my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don't yield to fear or be troubled in your hearts—instead, be courageous!" John14:27

Song: Peace Perfect Peace <https://www.youtube.com/watch?v=DWa8oWu1nQ>

Prayer:

Jesus, you calm the storm, calm my storm.

Still my fear, my anxiety and panic.

Help me trust in the truth that you have the power to do this.

You provide refuge and strength, so I come to you now, fragile and troubled

Give me your peace in my storm, so I can face the days ahead with courage.

Amen