

Sacred Space Calming the Storm

PREPARATION

The LORD is a shelter for the oppressed,
a refuge in times of trouble.

**Those who know your name trust in you,
for you, O LORD, do not abandon those who search for you.** Psalm 9:9-10

CONFESSION

Finally, I confessed all my sins to you
and stopped trying to hide my guilt.

**I said to myself, "I will confess my rebellion to the LORD."
And you forgave me! All my guilt is gone.** Psalm 32:5

ADORATION and GRATITUDE

I will praise you, LORD, with all my heart;
I will tell of all the marvelous things you have done.

**I will be filled with joy because of you.
I will sing praises to your name, O Most High.** Psalm 9:1-2

MEDITATION & CONTEMPLATION — Mark 4:35-41*

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

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?"

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. Then he asked them, "Why are you afraid? Do you still have no faith?"

IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	How do I relate to this?
Respond	What is my next step of obedience?
Rest	Receive God's healing and renewal.

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

ANCHORING PRAYER

"Be still my soul."

REVIEW OF THE HEART (previous 24 hours)

*In way have I felt the calming influence of God's power in my life?
What fears am I facing today?*

WISDOM

Some went off to sea in ships,
plying the trade routes of the world.
They, too, observed the Lord's power in action,
his impressive works on the deepest seas.

He spoke, and the winds rose,
stirring up the waves.

Their ships were tossed to the heavens
and plunged again to the depths;
the sailors cringed in terror.

They reeled and staggered like drunkards
and were at their wits' end.

"Lord, help!" they cried in their trouble,
and he saved them from their distress.

He calmed the storm to a whisper
and stilled the waves.

What a blessing was that stillness
as he brought them safely into harbor! Psalm 107:23-30

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, for others, and for me.*

CLOSING PRAYER

Even when I walk

through the darkest valley,

I will not be afraid,

for you are close beside me.

Your rod and your staff

protect and comfort me. [Amen] Psalm 23:4

SACRED SPACE EVERY DAY

Be still and quiet before God.

Be filled with the Holy Spirit.

Speak and act from a listening heart.

Prayerfully serve my community.