

Opening Reflection:

Think about a time when life felt chaotic. What emotions did you experience? What helped you move forward—or kept you stuck?

Study Scriptures:

Read each passage and answer the questions that follow.

1. Exodus 14:10-16 – The Red Sea Moment

- What caused the people to panic?
- What does God mean by “stand still” and then “move forward”?
- Have you ever wanted to go back to something familiar—even if it was unhealthy?

2. 1 Kings 19:11-12 – Elijah’s Whisper

- What kind of chaos was Elijah dealing with?
- How does God often speak to us in times of emotional chaos?
- How can you practice stillness to hear God's voice?

3. Mark 4:35-41 – Jesus Calms the Storm

- What was the disciples’ reaction to the storm?
 - How did Jesus respond?
 - What storms in your life do you need to speak “Peace, be still” to?
-

Reflection Questions:

1. What type of chaos are you currently facing—external or internal?
 2. In what ways is Christ calling you to move forward despite the storm?
 3. What does it mean to you personally that **Christ is your peace**?
 4. How can you anchor yourself in God’s Word and silence the noise of fear?
 5. Who in your community can support you in moving forward?
-

Prayer Focus:

“Lord, thank You that You are not the author of confusion but of peace. Help me to move forward even in the middle of chaos. Speak to my storm. Lead me by Your voice. I trust You. In Jesus' name, Amen.”