

FAITH FORMATION AT HOME - ADULTS

BRIEF FAITH ACTIVITIES TO DO AT HOME.

FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

Weather Worries

By Rev. Lee Yates

In this story there is a storm, there are panicked disciples, and Jesus gets a nap. Could this story actually be advice for navigating the constant change and chaotic pace of our young adult years? Read this story again and listen to Jesus. He could be talking to you.

MATERIALS: Bible, computer or phone, internet connection and Word or similar program

ACTIVITY: Visit www.weather.com and follow the links to i-Witness Weather and look through some of the photographs posted. Choose a few that really get your attention. Copy, save, or screenshot the photographs into Microsoft Word or similar program on your computer. Give each picture its own page. Below each picture, write a paragraph or more about a time in your life that the picture could be describing. This can be literal or symbolic. For example, if you remember a tornado coming through your community as a child, you can describe what you remember. You might also have a time in your life that felt like you were spinning out of control and hurting those around you. The same picture could be used to illustrate both. Save each picture with a reflection on a life experience.

READ: After exploring your own weather worries, open your Bible to **Mark 4:35-41** and read the story often referred to as "Jesus Calms a Storm." You can read similar versions in Matthew 8 and Luke 8. In each version, Jesus is trying to take some time away from a large crowd. Jesus is looking for some quiet space. In each version, the Disciples wake him up in a frantic state.

REFLECT: Looking back at each of your weather reflections, think about what you would want Jesus to do for you. What did you pray then or how would you pray if you were in that situation today?

READ: the Bible story again, and think about what impact twelve grown men would have running around a small boat screaming, yelling, and shaking Jesus.

REFLECT: Which do you think concerned Jesus more: the storm or the fearful disciples? If you were Jesus, what do you think you would have said to the disciples?

READ: Read a third time, and think about the wind and storm. Think about the power of the storm.

REFLECT: What does it mean that Jesus can speak to the weather and calm it down?

Look back at your reflections. Use the following questions to connect the Bible story and your reflections:

- How does your response to a problem make it better or worse?
- How do you think Jesus would want to respond to your problem?
- How do you think Jesus would want to respond to your response?
- Where in your life do you need to hear Jesus say, "Peace, be still!"?
- What person or activity helps you calm down in the midst of chaos?
- Where in the lives of friends and family does Jesus call you to say, "Peace, be still!"?
- Where is the church called to speak, "Peace be still!" in our world today?