



DAILY DEVOTIONAL

WEEK THREE

CHAOS & CALM

WEEK THREE DAILY DEVOTIONAL

DAY ONE: Instead

BREATHE: Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God's presence.

OPENING PRAYER: Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever. Amen

MUSIC: Listen to *Come to the Quiet (Psalm 131)* by John Michael Talbot

READ: Psalm 131: 1-2a

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. *Instead*, I have calmed and quieted my soul...

INSTEAD: A preferred alternative or a replacement in place of something else. Suggests that of the choices available, one is favored. Asks us to choose the preferred over the popular.

QUOTE: "Instead of proud pursuits, [the Psalmist] is determined to find satisfaction and serenity of soul, content with God and His works." - David Guzik

Psalm 131 suggests that the popular choice might be pride and arrogance, but the preferred is to calm and quiet.

- Why is pride and arrogance the popular option?
- Why is a calm and quiet soul preferred?
- Which do you tend to lean toward?

Journal: What choices are awaiting you today? How would you typically respond? How might Jesus want you to respond?

MUSIC: Listen to *Trust in the Lord (Psalm 131)* by Jason Silver

CLOSING PRAYER:

Lord, my heart is proud and my eyes are haughty. I get involved with things greater than myself. I surrender control to you. Guide my spirit toward peace. Help me discover the calm and quiet of a weaned child. Lead me into maturity. I put my hope in you, for there is faithful love and redemption in abundance. I am trusting you to guide me both now and forever. Amen.

BREATHE: Calm. Quiet. Hope. Trust.

WEEK THREE DAILY DEVOTIONAL

DAY TWO: Jesus Calms the Storm

BREATHE: Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God's presence.

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READ: Mark 4: 35-41 (also in Matthew 8:23-27 & Luke 8:22-25)

REFLECT

How was chaos being experienced in this passage?

How do the disciples respond to the chaotic situation?

How does Jesus respond to the chaos?

How does Jesus bring calm?

What is the disciples' response? Why?

RESPOND:

How might the chaos in your life be reflected in the storm at sea?

How are you reacting to the storms?

MEDITATE: Close your eyes and think of these words, “The wind ceased, and there was a great calm.” Sit in silence for at least a minute.

JOURNAL: What is keeping you from having a calm and quiet soul today? Invite Jesus into your storms and ask him to calm and quiet your soul.

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WEEK THREE DAILY DEVOTIONAL

DAY THREE: Jesus and Peter Walking on Water

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READ: Matthew 14: 22-33 (also in Mark 6:45-53 & John 6:15-21).

REFLECT:

What was causing the disciples to fear?

How does Jesus respond to their fear?

Why does Peter step out of the boat?

What causes him to sink?

How does Jesus respond to Peter's sinking?

What is the disciples' response to Jesus?

RESPOND:

What are the things causing you to sink?

What is stealing your focus from Jesus?

How are they keeping you from having a calm and quiet soul?

Have you cried out, “Lord, save me!”?

REACT: Imagine Jesus is reaching out his hand. Reach out and grasp it. Imagine him rescuing you from sinking.

What thoughts and emotions come to mind as he...

- grabs your hand?
- pulls you out of the water?
- leads you to the safety of the ship?

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WEEK THREE DAILY DEVOTIONAL

DAY FOUR: Calm and Quiet

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QUOTE: "God, my heart is often proud and haughty. I desire for things to be busy and rushed. I get bored and nervous in the quiet. I turn to my phone and look for ways to find meaning. Work, tasks, something that says, 'I have meaning.'" - Dave Reiss

CONSIDER:

- How do you respond when you are quiet? Do you embrace or do you look for distraction?
- What things do you turn to avoid quiet? How do we expect them to bring meaning?
- Why do we find it difficult to come to the quiet? What is it about the quiet that makes us nervous?
- What is the benefit of calming and quieting our soul?

MEDITATE: Close your eyes and think of these words, “I have calmed and quieted my soul.” Repeat them a few times. Sit in silence for at least a minute.

Write out the things that steal your focus from God, the things that distract you from quieting your soul.

Confess your need for calm and quiet and ask God to still your soul.

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WEEK THREE DAILY DEVOTIONAL

DAY FIVE: "Come to Me." - Jesus

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MEDITATE: Close your eyes and meditate on the "I have calmed and quieted my soul." Repeat that phrase in your mind seven times.

READ MATTHEW 11: 28-30.

- Who does Jesus invite? Does that include you?
- What does he promise those who come? Is that promise for you?
- What does he say about himself? Do you believe him?
- What are the things that are making you weary and what is burdening you?
- What does it mean that his yoke is easy & light? Is your current yoke heavy or light?
- Do you need rest for your soul? Why?

IMAGINE: Close your eyes and imagine you are coming to Jesus weary and burdened. Slowly remove those burdens and lay them at Jesus' feet. Now picture Jesus saying to you “Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace” (from the Message). Sit in silence for at least a minute.

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