

'Calming a storm'



Often in life we will find that when we have invited Jesus into our boat – into our life –we don't get so thrown by all the stormy things that happen in our lives. If we panic too much we can't always hear Jesus helping us to weather the storm until things calm down a bit. Then we realise that with God in charge we don't actually need to be so terrified.

[GOSPEL](#) - Click the link to watch the Gospel

Mark 4: 35-41

Jesus said to his disciples, "Let's cross over to the east side." So they left the crowd, and his disciples started across the lake with him in the boat.

Some other boats followed along. Suddenly a windstorm struck the lake. Waves started splashing into the boat, and it was about to sink.

Jesus was in the back of the boat with his head on a pillow, and he was asleep. His disciples woke him and said, "Teacher, don't you care that we're about to drown?" Jesus got up and ordered the wind and the waves to be quiet. The wind stopped, and everything was calm.

Jesus asked his disciples, "Why are you afraid? Don't you have any faith?"

Now they were more afraid than ever and said to each other, "Who is this? Even the winds and waves obey him!"

Add the next questions to your Notebook

1. Write down one word, one phrase and one reflection from the Gospel and fill in the following table.

Word	Phrase	Reflection
		To me, this Gospel means ...

Reflect on the following questions

2. In the Gospel story how do you think the disciples felt before they woke Jesus?
3. What significance lies in the fact that Jesus lay asleep during the storm and had to be woken?
4. Describe a time where you had to weather a storm, how did you feel, and how does your faith help you when you feel a bit stuck in certain situations?

