



calming your
storm

fred may



Mark 4:36-40 (NLT)

“So they took Jesus in the boat and started out, leaving the crowds behind . . . But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.



Mark 4:36-40 (NLT)
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



Mark 4:36-40 (NLT)
stopped, and there
was a great calm.
Then he asked them,
“Why are you afraid?
Do you still have no
faith?”



a] maturity outcomes



* intimacy >
surrender -
sensitivity and
responsiveness to
God's love, [in
stages:
- tender love> tough
love> furious love>
injured love]

* Self-Awareness >



* Competency >
skills and tools to
love and obey
appropriately

* Joyous endurance
> in the face of
death/ fear/
suffering/ pain or
loss (the ability to
withstand hardship
or adversity)



b] in the quiet and
the stillness -
comes the knowing



Psalm 46:10

'Be still and know
that I am God'.



There's a certain
'knowing' that's
possible only when
we learn to practice
the disciplines of
stillness and
solitude [aloneness
with Him]



- to shut out the
outer world and all
distractions -
declare the time of
your Sabbath-rest
which you come to
enter.



- to listen/ become attuned to your inner world; to practice an awareness of the pressing/ intense emotions. Reflect on and record/ journal your inner journey and events



- Speak to your heart - thoughts of comfort, encouragement or correction.



- Prepare it for the Presence of God.



Psalms 4:4 (NKJV)

“Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah”

[Be angry and do not sin. Don't let the sun go down on your anger (Ephesians 4:26 HCSB)]



- Discover your own secret place/ still space that works best for you - and contend for it.

- Bring the negative emotions into order before you enter His Presence by addressing them.



Psalm 116:7, 8 (MSG)

"I said to myself,

"Relax and rest.

God has showered you
with blessings.

Soul, you've been
rescued from death;

Eye, you've been
rescued from tears;

And you, Foot, were



Psalm 62:5 (ESV)

“For God alone, O my
soul, wait in
silence, for my hope
is from Him.”



- Train your inner world/ emotions to worship - to bring a sacrifice of thanksgiving and praise to Him in contrition and humility.



Psalms 103:1,2 (ESV)
Bless the Lord, O my
soul, and all that
is within me, bless
his holy name! Bless
the Lord, O my soul,
and forget not all
his benefits...



Psalms 43:5 (ESV)

Why are you cast
down, O my soul, and
why are you in
turmoil within me?
Hope in God; for I
shall again praise
him, my salvation
and my God.



c] self-awareness



One of our greatest
obstacles in knowing
God is our lack of
self-knowledge
[Scazzero].



Augustine wrote
[Confessions A.D.
400] "How can you
draw close to God
when you are far
from your own self?
" He prayed: "Grant,
Lord, that I may
know myself that I
may know thee".



St Theresa of Avila wrote [The Way of Perfection] "Almost all problems in the spiritual life stem from a lack of self-knowledge".



James said that to remain merely intentional without proceeding to action is as bad as being out of feeling with one's self or one's own person.



James 1:23,24 (NLT)

“For if you listen to the word and don’t obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like.”



'Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God... Emotions are the language of the soul. They are the cry that gives



In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God' [The Cry of the Soul - Dan Allender



'The call of discipleship also includes experiencing our feelings, reflecting on them, and then thoughtfully responding to them under the lordship of Jesus'.



The quest for self-awareness is the pursuit of the authentic self where Christ has brought inner peace and victory over the 'natural self' which is trapped in prison of fear where we rely on our own



of self-consciousness and self-obsession. This conflict between the authentic/ recreated self and the natural one is bitter and demands resolution.

Romans 7:23-25 (ERV)

“But I see another law working in my body. That law makes war against the law that my mind accepts. That other law working in my body is the law of sin, and that law makes me its





Romans 7:23-25 (ERV)
me from this body
that brings me
death? I thank God
for his salvation
through Jesus Christ
our Lord! So in my
mind I am a slave to
God's law, but in my
sinful self I am a
slave to the law of



Mark 8:36-37 (NEB)

Jesus put the challenge of the struggle of the true over the false/natural self as follows - "What does a man gain by winning the whole world at the cost of his true self? What



This victory over the 'false self' is possible only where one has had an intimate, personal experience of the Father's affirmation of one - as happened to Christ with His baptism at the Jordan River before He embarked on His



Matthew 3:17

"This is my Son,
whom I love: with
Him I am well
pleased"



The Father, in other words said to Him: 'You are loved and loveable. I'm proud of who you are. You are good. I'm glad that you exist. I celebrate your person. You're my treasure.'



Satan's temptation of Christ was aimed at disrupting the security which the Father's affirmation had brought to His authentic self - by posing these three enticements:-

- [Matthew 4:1-10]



* I am what I do -
my performance (CV)
accomplishments and
achievements
validate me;

* I am what I have -
my possessions and
resources validate
me;

* The opinions of
other validate me -



affirm yourself



Now thank the Father
for His
unconditional love
and acceptance of
you, that He deems
you worthy simply
because He created
you and called you
to be His own.



Declare the
following
affirmations over
your identity in Him
and in this life -



* I hold myself in high regard despite my imperfections and limits

* I am worthy to assert my God-given power over the world

* I am entitled to exist

* It is good that I



* I have my own identity from God that is distinct and unique

* I am worthy of being valued and paid attention to

* I am entitled to joy and pleasure

* I am entitled to make mistakes and



* I am anchored in
the love of God and
affirm that I am
worthy of feeling,
worthy of being
alive and lovable
even when I am
brutally honest
about the good, the
bad and the ugly