

LWML *Texas* District

March 4, 2024

Meditation

Stormy Waters

What do you do when you are extremely overwhelmed? Do you yell and scream? Do you shut down completely and cry? Do you call your best friend for some comfort, or do you hit the stores and get some retail therapy? Or perhaps you just take a nap?

Jesus and His disciples had gone out on a little boat ride across the Sea of Galilee. Jesus being exhausted from the exertions of His daily life took a nap. Meanwhile a storm arose, and His disciples became very frightened. They were overwhelmed by the waves, sights, and sounds of the storm. Water was flooding the boat!

The storm is recorded in Matthew 8, Luke 8 and in Mark 4. *On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. He said to them, "Why are you so afraid? Have you still no faith?" And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey Him?"* (Mark 4:35–41).

How many times have you said, "God, can you not see I'm drowning here?! Don't you care that this is happening?" The disciples were literally going to drown if there was no intervention from God. Jesus speaks and calms the storm. A simple word from God and the storm stops.

Do we run to the Creator of peace or do we struggle to piece things together ourselves? The disciples cried out to Jesus to save them. We, too, can cry out to the Savior for help. He will come to our aid. The calming of our storm may look nothing like we expect, but He will act. God hears our prayers, and promises to respond (John 16:23-24). *"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world"* (John 16:33). We do not need to fear. Christ has overcome it. Our burdens are great in this world, but Jesus will be with us through every one of them.

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Stormy Waters
Written by Kayla Winkler
Published by Lutheran Women's Missionary League Texas District
Christian Life Committee, 2024