



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