



**calming your storm**  
responding to His  
goodness

fred may




**Romans 12:1 (HCSB)**  
Therefore, brothers, by the  
mercies of God, I urge you to  
present your bodies as a  
living sacrifice, holy and  
pleasing to God; this is your  
spiritual worship.




**solitude & silence:** reflection-  
examination >preparation  
>presentation



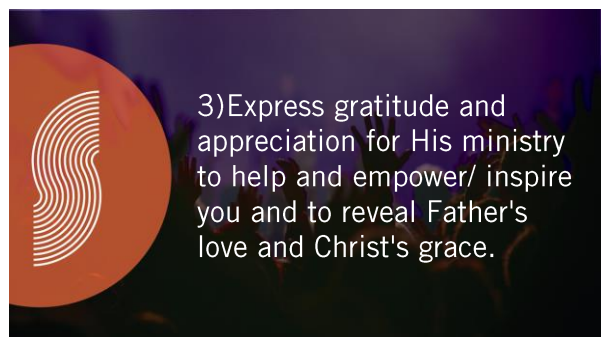
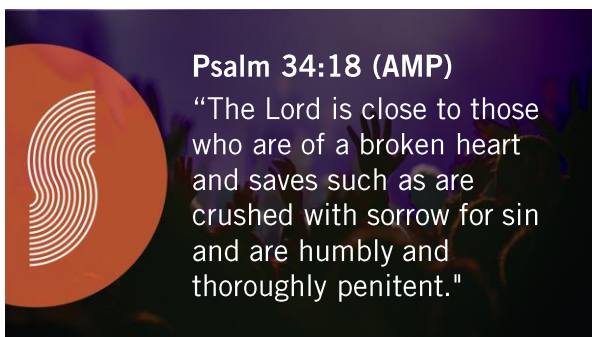
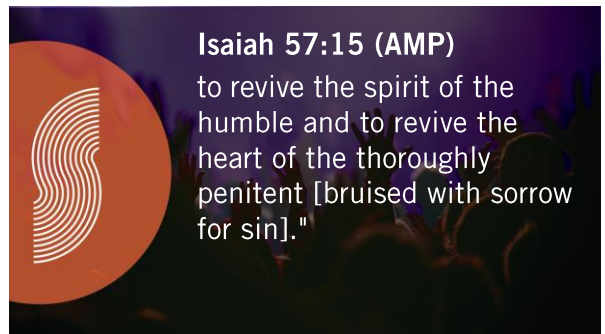
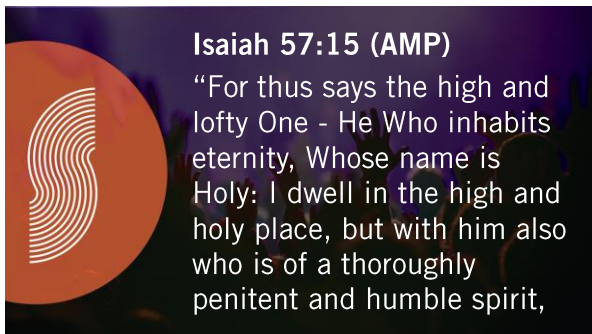
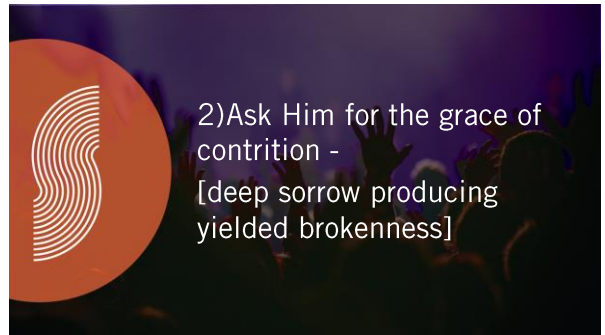
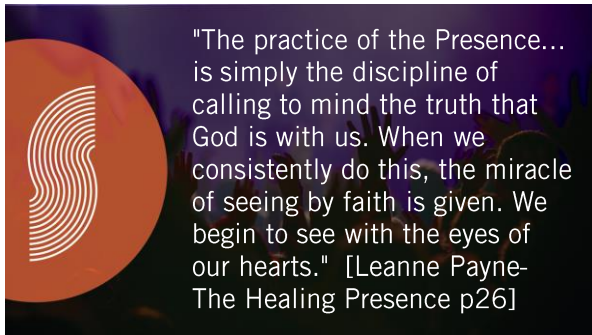
**A] follow the leading – confer  
with the Holy Spirit**




1) Once the inner storm  
subsides we can begin to  
confer with the Holy Spirit.




Acknowledge His Presence  
and affirm your presence.





4) Pray in the Spirit and ask Him for understanding/ interpretation; expect Him to remind you - and respond with being accountable about the negative sensations/ emotions which may surface.




e.g. the fear of death, pain, suffering, sorrow, vanity, lustful desire, obsessions/ stubbornness, covetousness, greed, pride and the torment of self-pity, rebellion/ autonomy, unhealthy appetites (hunger and thirst) etc




**1 Corinthians 14:14,15 (HCSB)**


“For if I pray in [another] language, my spirit prays, but my understanding is unfruitful. What then? I will pray with the spirit, and I will also pray with my understanding. I will sing with the spirit, and I will also sing with my understanding.”




5) Ask Him to reveal the hand of God [what, where and how God is working] and to show you things to come/ what you can expect.




6) Declare yourself to be His servant and His possession who delights to go wherever He may lead.




7) Declare yourself to be change/ repentance-inclined and not change/ repentance resistant - verbalize your willingness to repent, forgive or to obey.




8) Ask Him to help you hear 'the voice of The Word'. Ask Him to wield the Sword of Scripture, a surgeon's scalpel to bring healing and order to your inner world. Express your submission to Scripture.




**Hebrews 4:12,15 (AMP)**  
 "For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of



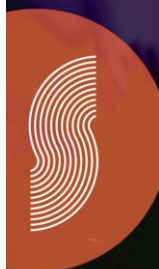
**Hebrews 4:12,15 (AMP)**  
 life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart."



9) Ask the Spirit to lead you to the Throne of Grace where you present your offering of thanksgiving in worship in humble, brutal honesty.



10) Thank Him for your pain; His gift to us to help us grow and change and become, and speaks of His desire and ability to bring healing and completeness.



**Hebrews 4:16 (AMP)**  
 "Let us then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God's unmerited favor to us sinners), that we may receive mercy [for our failures] and

**Hebrews 4:16 (AMP)**

find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it]."

**B] pray for strength and courage**

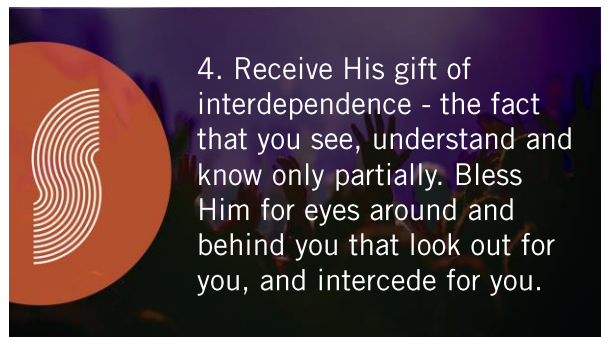
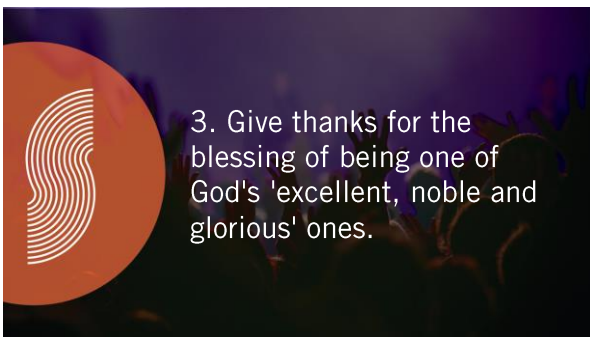
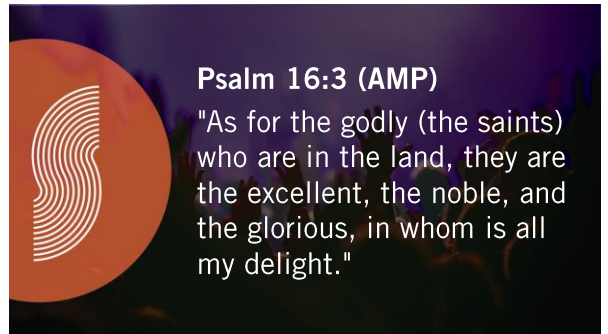
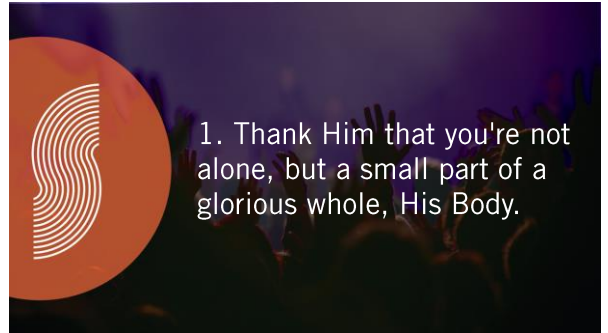
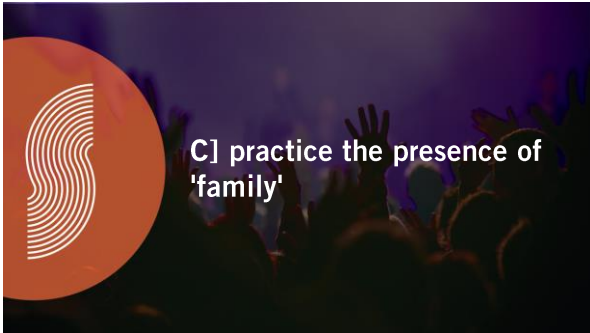
1. Ask for the strength to face what you are shown and to submit to what you know - that you're small, helpless and insignificant in the light of the sheer scale of time and space. And the fact that He is greater than all that.

2. Ask for the strength to overcome your own inertia

3. Ask for grace and patience with the inertia of people around you who may invariably feel threatened by your inner change.


4. Ask for strength to continue moving along the change continuum i.e  
realization > intention >  
conviction > resolve > action  
> synergy









"Let the person who cannot be alone beware of community. Let the person who is not in community beware of being alone. We are to be "alone together", a community of solitudes." [Dietrich Bonhoeffer - Life Together]



5. Receive the healing presence of those who come as living gifts from The Father and the manifestation of His caring. Commit to the sacred risk of trust.



**James 5:16 (AMP)**  
 "Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone



**James 5:16 (AMP)**  
 of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]."