

The Pray More Lenten Retreat Study Guide

Jesus and the Storms of Life

By Beth Davis

Reflective Questions

On that day, as evening drew on, he said to them, “Let us cross to the other side.” Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?” He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm. Then he asked them, “Why are you terrified? Do you not yet have faith?” They were filled with great awe and said to one another, “Who then is this whom even wind and sea obey?”

- Mark 4:35 – 41

Then he made the disciples get into the boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them, walking on the sea. When the disciples saw him walking on the sea they were terrified. “It is a ghost,” they said, and they cried out in fear. At once [Jesus] spoke to them, “Take courage, it is I; do not be afraid.” Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how [strong] the wind was he became frightened; and, beginning to sink, he cried out, “Lord, save me!” Immediately Jesus stretched out his hand and caught him, and said to him, “O you of little faith, why did you doubt?” After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, “Truly, you are the Son of God.”

- Matthew 14:22-33

- What storms have you weathered in your life in the past? How did you respond to them? How did God bring you through those experiences?
- Is there a storm you're currently going through? What can you take away from this talk that you can use to help you endure?
- God has command over the storms of our lives and He wants us to take that to heart. How can you hand over your storms to Him, and entrust them to His care? Is this something you can do in your prayer life?
- Have you truly cried out to God in your storm, or have you placed prayer life on the back burner?
- With Christ, we can walk on water and rise above our situation. The only way to do this is to keep our eyes fixed on Jesus. In what ways can you do that this Lent and afterwards?
- When we make little steps to seek Christ, He will meet us there. How have you seen this in your own life? Or in others' lives?
- Consider memorizing this prayer and saying it throughout Lent and particularly whenever you are going through a storm: "O Jesus, I surrender myself to You. Take care of everything." ([Fr. Dolindo](#)).