

IN THE MEANTIME

Storm Chasers



Getting Started

What's the worst storm you've ever been caught in?
What's your biggest natural disaster related fear?
Is there a storm you particularly enjoy?
Would you ever consider going on a storm chase?

Going Deeper

Take a moment to talk about what God spoke to you through Sunday's message

Read [Matthew 8:23-27](#)

What word or phrase or idea jumps out at you from these verses

Jesus has the ability to calm the storm that is suddenly and furiously raging in your soul. What kind of situations in life bring you to the place of being suddenly and furiously thrown into a storm?

The Bible makes it clear that we can have souls that are at rest regardless of circumstances. Read the following verses and talk about how we as people can practice these truths in our daily lives.

[Psalm 127:1-2](#)

[Psalm 4:1,8](#)

[Proverbs 3:24-25](#)

Take a moment to read the following quote from Brene Brown.

"When I was pregnant with Ellen, someone gave me a small book called Baby Love: A Tradition of Calm Parenting. I can still see myself sitting in my brand-new glider with one hand resting on my very pregnant belly and the other hand holding that book. I remember thinking, This is my goal. I want to be a calm parent. I try to be slow to respond and quick to think Do we even have all the information we need to make a decision or form a response? I also stay very mindful about the effect that calm has on an "anxious person or situation. A panicked response produces more panic and more fear. As psychologist and writer Harriet Lerner says, "Anxiety is extremely contagious, but so is calm." The question becomes, Do we want to infect people with more anxiety, or heal ourselves and the people around us with calm?"

Are you someone that brings the calm into your relationships?
What steps do you need to take to be that kind of person?

On Sunday Jack talked about two ways that we can become a storm chaser

- 1) A storm chaser puts their faith in the right person
- 2) A storm chaser follows Jesus closely and fearlessly

- Which of these two is the hardest for you to live out?
- What can you do in your life to keep closer in your relationship with God?
- Is there any steps that you feel God is asking you to fearlessly take right now?

As you close take a moment to talk about the storms that you are each going through in your life and then pray that the God can bring the calm to each of them.

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