

# Storm Chasers

**Matthew 8:23-27**

**Jesus has the ability to calm the storm that is suddenly and furiously raging in your soul**

**Psalm 127:1,2**

**Psalm 4:1,8**

**Proverbs 3:24-25**

**1) A storm chaser puts their faith in the right person**

**2) A storm chaser follows Jesus closely and fearlessly**

***“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?” - Brene Brown****



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