

## Questions For Reflection and Discussion

- What emotions do you think that the disciples were feeling in the boat? When have you felt similarly in your own life?
- Why do you think that Jesus was able to sleep so well? Why do the disciples not understand this?
- Jesus rebukes the disciples for their “little faith.” What do you think he meant? What would “big faith” have looked like instead?
- After Jesus calms the storm the disciples are amazed. When has God exceeded your expectations?
- What are some storms that you are experiencing now that you want Jesus to calm?

## Prayer List/Notes



## **WHY ARE YOU AFRAID, YOU OF LITTLE FAITH?**

Scripture Focus This Week:  
Matthew 8:23-27

### Daily Reading Plan

Mon: **Matthew 9:27-31**—Do you believe that I am able to do this?

Tue: **Matthew 14:22-33**—You of little faith, why did you doubt?

Wed: **Mark 8:11-13**—Why does this generation ask for a sign?

Thr: **Luke 7:31-35**—To what then will I compare the people of this generation, and what are they like?

Fri: **John 11:38-44**—Did I not tell you that if you believed, you would see the glory of God?

Sat: **John 14:8-14**—Do you not believe that I am in the Father and the Father is in me?

### Prayer

*God of the wind and storms, when the world around me feels chaotic and out of control, let your Spirit surround and protect me. Calm the rough waters I am going through, and in the meantime, help me to trust in your presence so that my faith is stronger than my worries and fears Amen.*



**Scan for this week's guided meditation.**

Lenten Practice:

## **SABBATH**

*“But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.”*

*(Exodus 20:10-11 NRSV)*

In our contemporary world where there is such an emphasis on efficiency and productivity, it is tempting to try and squeeze as much as you can into each hour, day, week, and year. Practicing sabbath reminds us that our work and labor are not the places where we find our identity. Instead it is in relationships, primarily the relationship with God that provides the center around which the rest of our lives should turn.

Rabbi Abraham Joshua Heschel in his book *The Sabbath* said “The Sabbath is the presence of God in the world, open to the soul of man. God is not in things of space, but in moments of time.” Taking intentional time to not do work, but to rest and play is the essential core of Sabbath because it opens our lives to see the presence and joy of God within the routines of life. How this gets expressed can change and adapt depending on your personality and spiritual needs.

Traditionally Sabbath was observed from sundown on Friday to sundown on Saturday. For people whose lives need a more rigid structure to help control their disparate schedule,

it is often helpful to directly apply this model. For others, you can take a different day during the week that better fits your schedule.

The question of what is the “work” we are supposed to refrain from doing on the sabbath is another term that you are invited to define how you need. Work can be what you do for a living, it can be the tasks that make up the majority of your week, it could be things like emails or household chores that make you feel productive. The intention is to have a clear break in routine between work and rest. Stopping work will take intentional planning ahead. Some tasks that need to happen on your sabbath such as chores or work or emails will need to be done ahead of time. Changing a voicemail or out-of-office message is helpful to set expectations.

As you seek to live into Sabbath, it is important to remember Jesus’ words that “The sabbath was made for humankind, and not humankind for the sabbath;” (Mark 2:27). Setting a rigid practice that creates more stress and guilt than peace and connection with God is not helpful. Adapting how you live into this so that Sabbath is life-giving and affirming is always important.

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