



## 4 Keys for Practicing Faith

### Caring Conversations:

Take turns answering the following questions:

- How did you prepare for the storm? What plans changed?
- Where were you during the storm? What did you do while waiting it out?
- Where have you found help and support since the storm? Who did you turn to?

### Devotions:

A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But [Jesus] was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?"

Mark 4:37-40 (NRSV)

- During the storm, how and where did you find comfort?
- When the storm ceased, where did you find calm?
- Where do you see signs of hope and God's care reaching out to you and others?

### Service:

Organizations such as the Red Cross, Samaritan's Purse, and Lutheran World Relief help victims of disaster through volunteers, donations, and prayer. Have you ever volunteered for or been on the receiving end of these or other organizations? How might you support their work?

### Rituals and Traditions:

Having a flashlight or candles handy in case of a power outage, getting bottled water, and storing non-perishable foods are ways we prepare for a storm. It is also helpful for people of faith to turn to God for hope and good courage. Prayers give spiritual and emotional support. Close with this prayer:

*Come healing Spirit, calm the weather, calm our hearts, calm the communities and restore all those in need with basic services and an outpouring of care from organizations and individuals reaching out with love. In Christ's name. Amen.*