

# BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

## Peace in the Stormy Seas

*(a story from the Gospels; adapted for Godly Play®)*

There was once someone who said such amazing things and did such wonderful things that people followed him. They followed him so they could listen to what he had to say about loving one another.

The teacher and his friends were crossing the sea on a boat, and it was almost night.

After they arrived on the shore, a large crowd came to listen to him. Before they knew it, the crowd had gotten a lot bigger.

Soon people on the seaside were pushing each other, and the teacher had to move to the edge of the water. Finally, he had to teach from the boat, while people listened on land.

When it got dark, the teacher and his friends sailed on the sea to get to the other side to rest.

At first, the wind was soft. The teacher lay down and then fell asleep.

Suddenly the skies grew very dark, and the wind blew hard, and the waves grew bigger and bigger, crashing and sloshing on the side of the boat. And the boat rocked back and forth, from side to side.



When the friends of the teacher saw this, they panicked, and got scared that their boat would sink. They yelled at him: “Teacher wake up! The boat will sink, and we will drown.”

Their teacher woke up. He was not afraid. He knew how they were so afraid, and so he said to the storm: “Peace be still.”

The wind stopped blowing, and the waves stopped crashing against their boat. The sea became still and quiet. He stopped the storm.

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## REFLECTION

Reflect on the wondering questions below with a friend or colleague by taking turns in answering each question. Make sure to do active listening with each other (echo back what you heard).

### WONDERING QUESTIONS with a conversation partner:

- Which part of the story did you find the most important? Which part of the story resonated with you?
- What experiences have you had that is close to this story?
- Where do you find yourself in this story? Which part of the story is about you?
- Notice moments when you felt impatient and desperate (i.e., pushed and shoved) to hear wisdom?
- Notice moments when you panicked and were overwhelmed with fear?
- What waves, strong winds and storms have you weathered through? How did you find peace (if at all)?
- Who are your guides in your search for peace?

Remember, keep on sharing your stories. Keep on listening to each other's stories.

# WHAT PART(S) OF THE STORY IS ABOUT YOU?

## YOUR FAMILIAR GROUND:

### THE LAND (BEACH, SHORE)

As you navigate to deep waters, what old familiar ground are you leaving behind?



## WAVES (YOUR STORM, LIGHTNING)

What big waves have you faced (or are now you facing) that are overwhelming?



## UNKNOWN SEAS (OR YOUR NEW LANDS)

What new adventures to uncharted territories do you feel called to explore?



## YOUR BOAT

What (or who) keeps you afloat above water?



## LISTENING FOR WISDOM

Notice moments in your life when you were desperate for wisdom.



## EXPERIENCES OF FEAR

Notice moments in your life when you were so afraid of the storms of life that might sink and drown you.



## THE TEACHER

Who are your guides that help you stay on the healthy path in your journey? Who helps you have clarity and foresight? Who helps you steer out of danger?

