

Greeting and Opening Prayer

Part I

- 1) Hear the text read.
- 2) Recall the text by saying a word or short phrase that touched your heart. Listen to what others say. If someone says your word, simply repeat it again.

Part II: Commentary by Dr. Jaime Waters

Part III: Hear/See the text again with 5 mins silence

Part IV: Reflection and Sharing in Small Groups

- ◇ Share your reflections on what is happening in the text and what it means today.
- ◇ What do you observe?
- ◇ Is there anything that leaves you perplexed/confused?
- ◇ What does this text mean to you?
- ◇ What has praying with this text called forth from you personally?
- ◇ What needs to change in you having read this text?
- ◇ What difference will this text make in your life?

Part V: Give Thanks

Offer petitionary prayers to God.

Closing Prayer

Mark 4:35-41 Jesus Stills a Storm

On that day, when evening had come, he said to them, “Let us go across to the other side.”

And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he 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?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

