

gathering manna in the wilderness: week 1

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matthew 11:28-30)

"Then he went aboard the boat, and his disciples followed him. Before long a terrific storm sprang up and the boat was awash with the waves. Jesus was sleeping soundly and the disciples went forward and woke him up. “Lord, save us!” they cried. “We are drowning!”

"What are you so frightened about, you little-faiths?" he replied. Then he got to his feet and rebuked the wind and the waters and there was a great calm. The men were filled with astonishment and kept saying, “Whatever sort of man is this—why, even the wind and the waves do what he tells them!” (Matthew 8:23-28)

As Jesus slept through the storm because He knew Who commanded the storm, so we will make space to rest in our own wilderness knowing God, Who can calm our storms, is with us.

Take 5-15 minutes each morning to write what you cannot control today. Name these things and ask God to carry them. Rest in knowing that God is bigger than your storm, and He can carry it for you today.

"Don't worry over anything whatever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God, which transcends human understanding, will keep constant guard over your hearts and minds as they rest in Christ Jesus."

–Philippians 4:6-7

ACKNOWLEDGE: God is bigger than your biggest storm.

WELCOME: God's control over your storm and His rest in your storm.

THANK: God for being a place of refuge and rest.

PRAY: Liturgy on the back.

LISTEN: to what God is saying to you in the middle of your storm and how He loves you.

"When I desperately want the discomfort to end,
remind me that your eyes see farther than mine, and that you
will use even this hard circumstance for the benefit of my
soul.

Let me remember that you will not waste a minute of my
suffering.

You are worthy of praise. Your ways are holy and high. When
emotions swirl 'round my feet like a rising flood,
I will lift my hands in prayer, reaching to you, for the waters
respond to your command.

When I am overwhelmed,
let your Spirit bring to my remembrance stories of your
faithfulness.

Let me count the many ways you have met, supported,
taught, and delivered me in days gone by.
For you have been faithful, O Lord.

So let me now lay at your feet my many fearful attempts to
control what cannot be controlled, O Christ, and instead let
me learn how better to rest in you.
Use even this unsettled season to root my faith more firmly.
Prove your faithfulness to me, my King."

-A Liturgy for One Overwhelmed by Turbulent Emotion,
Every Moment Holy Volume III

