

# Jesus Calms the Storm (Matthew 8:23-27; Enneagram Meditation)

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**Group Guidelines:** Protect confidentiality and follow the leader's prompts. Remain in quiet prayer unless the leader says you can share out loud.

**A Scripture Meditation Using the Enneagram:** You'll read or listen to the Bible passage three times, *quietly* reflecting, responding, and resting in God's word. To guide you there are three focus questions below that draw on the ancient wisdom of the Enneagram. Each question is based on an Enneagram triad or energy center: thinking, feeling, and body.

**Introduction to the Text:** Matthew records Jesus' Sermon on the Mount and then shows Jesus healing many people. Two followers gush with enthusiasm that they'll follow the Lord anywhere! Jesus tests their faith. Then he withdraws with the Twelve by boat on the Sea of Galilee. A furious storm comes up and frightens the fisherman to death! Emotional chaos ensues on the boat while Jesus naps! He's testing their faith too. He wants them to learn about their stormy emotional reactions and their opportunity to trust him and his Father. Jesus is showing them how to be at peace in storms.

**Opening Prayer:** "Peace... Be still" (Mark 4:39).

## **Imagine Yourself in the Gospel: Matthew 8 (MSG)**

23-25 Then [Jesus] got in the boat, his disciples with him. The next thing they knew, they were in a severe storm. Waves were crashing into the boat—and he was sound asleep! They roused him, pleading, "Master, save us! We're going down!"

26 Jesus reprimanded them. "Why are you such cowards, such faint-hearts?" Then he stood up and told the wind to be silent, the sea to quiet down: "Silence!" The sea became smooth as glass.

27 The men rubbed their eyes, astonished. "What's going on here? Wind and sea come to heel at his command!"

**1st Reading:** Let the words of the Gospel story wash over you. Listen for one word or thought that you're drawn to and then gently repeat that to yourself to quiet your thoughts.

**2nd Reading:** Imagine yourself in this terrible storm at sea as you re-read the Gospel story. What are your emotions? Maybe you feel scared? Angry at Jesus, God, or one of the fisherman? Do you blame yourself for anything — perhaps for not trusting Jesus and God? (You can write down your emotions as a prayer.)

**3rd Reading:** For the last reading ask the Lord to help you be present and calm in your body now, just as Jesus was in the storm at sea. Let any thoughts or feelings drift away. Simply be still with the Lord Jesus. Perhaps it will help you to imagine Jesus' peaceful face or the smooth sea. Or as a prayer you can breathe in "peace" and breathe out "be still."