

Be Still
(Be Quiet and Settle Down)

LOOK

Have you ever experienced a situation in which there was a lot of confusion, noise and tension? Maybe there were some quarreling children (or adults!). There could have been an argument about politics, religion or something else. You could have been feeling uncomfortable and would like to have had some peace and quiet.

1. What situations in your life do the above circumstances bring to mind?
2. Did you do anything to bring about a more calm environment, did you tolerate the status quo, or did you leave? What and why?
3. In situations such as those mentioned above have you ever felt like saying “please stop”, or “just shut up!”?

BOOK

Psalm 46: 10 KJV

Mark 4: 35-41

Psalm 23: 2

TOOK

In Mark 4, just before the first reading above, the section is headed “Never Without a Story”. Jesus had told about the man who went to bed after throwing a seed in a field, then forgot about it. The seed sprouts and grows and the man has no idea how it happened. First a green stem of grass, then a bud, then the ripened grain. When it is fully formed, he reaps. Harvest Time! With stories like this Jesus presented his message to them fitting them to their experience and maturity.

1. What kind of story do you think Jesus might have told his disciples (us) about dealing with the situation in the LOOK section?