

When God Calms the Storm

How to be unshaken by the winds of adversity

Time:
7-10 minutes

Focus:
Calm, Peace, Suffering

Scriptures

Psalm 107:28-29
Zephaniah 3:17
Psalm 107:30
Psalm 94:19
Psalm 18:33
Psalm 95:8
Psalm 105:19
Proverbs 3:11-12
Matthew 4:1
Matthew 6:13
Luke 4:13
Psalm 32:6
Proverbs 1:33
Proverbs 10:25

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to help you stay calm in the midst of your storms.

Thought starter

When the storms of life rise, our first response should be to cry out to God. He is not distant—he hears, he responds, and he commands peace over chaos.

Here's what we'll learn in this Quick Quiet Time:

- If we call to God in our storms, he answers us.
- He allows times of testing to help us grow in our faith and trust.
- We can stand strong through storms by being honest and listening to God.




Call out in distress.

Psalm 107:28-29 Voice

In their distress, they called out to the Eternal, and He saved them from their misery. He commanded the storm to calm down, and it became still. A hush came over the waves of the sea.

Zephaniah 3:17 CEB

The LORD your God is in your midst—a warrior bringing victory. He will create calm with his love; he will rejoice over you with singing.

 **Mic drop moment:** God can command the storms of life to calm down and become still.

- These verses tell us about people who cried out, and God saved them from their misery.
- God is not distant. He hears and responds to us, commanding peace over chaos and transforming our misery into stillness.




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Notes:

 **God brings peace and direction.****Psalm 107:30 Voice**


The sailors were delighted at the quiet, and He guided them to their port.

 **Truth bomb:** God's peace is not just stillness—it's direction.

- After calming the storm, he leads us to safety, purpose, and rest. God guides us.

 **God lightens inner turmoil, too.****Psalm 94:19 Voice**

When anxiety overtakes me and worries are many, Your comfort lightens my soul.

 **Truth bomb:** Even when the storm is internal—anxiety, fear, or sorrow—God's comfort brings lightness and relief.

- His presence is the anchor for our souls.

 **Testing has a purpose.**

Storms test our faith. These tests in life are not there to break us, but to build us up. Our trust in and reliance on God can actually grow stronger in a storm. Let's look at a few key passages from the Bible about testing:

Psalm 18:33 AMP

He makes my feet like hinds' feet [able to stand firmly and tread safely on paths of testing and trouble]; He sets me [securely] upon my high places.

God equips us to walk through testing with stability and grace.

Psalm 95:8 AMP

Do not harden your hearts and become spiritually dull as at Meribah [the place of strife], And as at Massah [the place of testing] in the wilderness.

It's easy to get dull and hardened during life's testing rather than crying out to God and getting stronger. Testing reveals the posture of our hearts—will we trust God or resist him?

Psalm 105:19 NLT

Until the time came to fulfill his dreams, the LORD tested Joseph's character.

Notes:

The story of Joseph is one of testing. He experienced many storms, which ultimately led to his character being built and his dreams coming true. We learn from his story that even in delay and hardship, God is refining us for the fulfillment of his promises.

Proverbs 3:11-12 AMP

My son, do not reject or take lightly the discipline of the LORD [learn from your mistakes and the testing that comes from His correction through discipline]; Nor despise His rebuke, for those whom the LORD loves He corrects, even as a father corrects the son in whom he delights.

Discipline and testing are signs of God's love and his desire to shape us.

Matthew 4:1 TPT

Afterward, the Holy Spirit led Jesus into the wilderness to experience the ordeal of testing by the accuser.

Even Jesus was tested. He was led by the Spirit into testing. The rest of the story in Matthew 4 tells us that Jesus handled tests by relying on the Word of God. He was strengthened through obedience.

Matthew 6:13 GNT

“Do not bring us to hard testing, but keep us safe from the Evil One.”

We are invited to pray for protection, knowing God is our deliverer.

Luke 4:13 CEV

After the devil had finished testing Jesus in every way possible, he left him for a while.

Testing has a limit. God sets the boundaries, and victory is possible.


Lightbulb moments:

- Times of testing will come—sometimes in every way possible. These seasons may challenge our faith, patience, and endurance.
- But one thing we learn from Jesus's own time of testing is this: Jesus used the Word of God to overcome.
- When Jesus was tempted in the wilderness, he didn't rely on emotion or human strength. He responded with Scripture—truth that cut through deception and stood firm against the enemy's schemes.
- In our own trials, we can follow his example.
- Let us turn to God's Word as our weapon and shield. Let us pray for protection, knowing that God is our deliverer, faithful to rescue and sustain us through every storm.

Notes:

 **Confession is preparation.****Psalm 32:6 TPT**

This is what I've learned through it all: All believers should confess their sins to God; do it every time God has uncovered you in the time of exposing. For if you do this, when sudden storms of life overwhelm, you'll be kept safe.

 **Truth bomb:** When we confess our sins, we open the way for God to protect us.

- Confession brings us closer to him and gives us strength to keep going, even when things get tough.
- Transparency and openness help us not be overwhelmed by sudden storms and tests.

 **Listening leads to peace.****Proverbs 1:33 TPT**

“But the one who always listens to me will live undisturbed in a heavenly peace. Free from fear, confident and courageous, that one will rest unafraid and sheltered from the storms of life.”

Listening to and obeying God's wisdom brings peace. When we follow what he says, we are kept safe and made stronger. God shelters us through the storms of life.


 **God gives us a lasting foundation.****Proverbs 10:25 NLT**

When the storms of life come, the wicked are whirled away, but the godly have a lasting foundation.

Storms reveal what we're built on. Those who trust in God stand firm, unshaken by the winds of adversity.

 **Final reflection**

God can calm the storms in our lives, but sometimes he lets us go through them to make us stronger. Some storms stop when he speaks, and others we get through with his help. No matter what, God is always with us, always good, and always guiding us to a place of safety.

 **Humor break!** Why should you pray during a storm? It's an in-lightning experience.

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