

# Hearing God: through the storm

CMF Junior Doctors Conference 2020

*On the first day of the week*





# Prince of peace

“Strange peace maker,” the doubters say  
“He’s helpless, sound asleep in hay.  
Strange Prince of Peace without a throne  
Not title or treasure and far from home.”

“Strange Lord and King,” the doubters say;  
No robes, no be-jewelled signet ring,  
Without a crown, not lifted up,  
No feasting place or golden cup.”

“His peace will reign,” my faith replies,  
“In Him eternity redeems time.  
His peace defies the power of steel:  
His life your fear of death can heal.”



Photograph taken by Sister Maureen SSF and used with permission.  
Prince of Peace by Andrew Hawes from Collected Poems 1970-2014  
Used with the poet's permission.



- Find a place to sit quietly
- You may like to spend some time just listening to the sounds around you. You might like to listen to the sound of waves on the sea [here](#)
- Focus on these sounds, one by one
- Now focus on the sound within you, your breathing, your heart beat, your thoughts
- Let yourself come to a place of rest
- Be aware of God's loving eyes watching over you
- As you pray ask God for the grace to hear him more clearly through the storms of life.





➤ You might like to listen to the words of Psalm 130  
sung here by Shane and Shane





## Read this passage from Mark chapter 5. What words or phrases strike you?

That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”





Read these words from Mark chapter 5 again slowly.  
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

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What thoughts, feelings and images have emerged in this time of prayer?

How has the Spirit been at work in your heart as you have prayed?

What wind and waves do you face at the moment?

What are Jesus' words to you as you face them?

You might like to jot down what has emerged from your prayer time in a journal.





# Creative prayer

- You can use this form of creative prayer to ask for Jesus to be at work in the storm of your own life, or of the life of another you know, or in a bigger situation and wider context.
- Commit the time to God and ask his Spirit to lead your time of creative prayer
  - Take a piece of paper.
  - Draw a boat.
  - Around and within the boat draw or make a collage that represents the waves and the winds you or the person or context you are praying for are experiencing.
  - Once you have completed this, write, cut or tear out the name Jesus.
  - Place the name Jesus in the boat and storm.
  - As you do, ask Jesus to be present in the situation you have been praying for, calming the storm and speaking his words of peace into fearful hearts.
- As you pray you might like to listen to this song by Keith and Kristyn Getty, He Will Hold Me Fast.
- As you finish you might like to listen to the song Go Peaceful sung by Paul Field.





