



WEEK 3

CALM DURING TIMES OF CHAOS



POWER

Power over chaos.



PROMISE

The Holy Spirit comes into our lives as a calming presence, bringing peace and soothing troubled hearts.



PRAYER

Calm me.

JOHN 14:27 E&V

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.



CONSIDER

We live in an imperfect world full of stress inducing triggers urging us toward fear and anxiety. All too often, we allow our external circumstances to dictate our sense of peace or level of anxiety. The Holy Spirit is the key to having calm in times of chaos. Jesus promised through the Holy Spirit a peace that is different from the peace of the world, a peace that transcends our circumstances.



PRAY

Ask the Holy Spirit to exchange your stress, anxiety, and fear for his calming presence. Rest silently in his presence.

Holy Spirit, your presence is the peace Jesus promised. Give me your presence so that I may experience your divine peace. I let go of my stress. I release my anxiety and my fear. I receive your perfect calming peace. Amen.

DISCOVER

Read: [Luke 3:21-22](#)

Why do you think the Holy Spirit descended in the form of a dove? What does this represent?

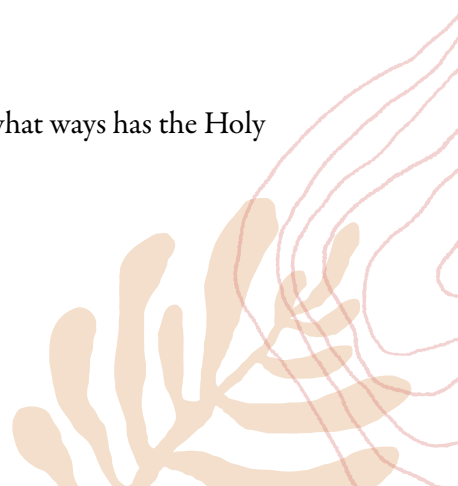
Have you ever felt the peace and calming presence of the Holy Spirit upon you? What precipitated this experience?

What is the significance of Jesus starting his ministry with the calming presence of the Holy Spirit?

Read: [Mark 4:35-41](#)

How do the disciples respond to the storm? What is your response when external chaos is creating an internal storm?

What can we learn from Jesus' response to the storm? In what ways has the Holy Spirit calmed your internal storms?



ACT

Create a “Calm in the Storm” action plan.

1. Handpick a few Bible verses that promise the peace of the Holy Spirit.
2. Select a favorite encouraging song. Consider a song from the [Alive in Us \(OHC\) Spotify playlist](#).
3. Find an easily accessible quiet place ([Matthew 6:6](#)).

The next time you find yourself overcome by one of life’s storms, set aside 15 minutes, go to your selected location, meditate on your Bible verses, listen (maybe sing along) to the song you selected, and pray for the Holy Spirit to grant you the peace Jesus promised.

PRAY

Ask the Holy Spirit to reveal your greatest source of anxiety. Listen in silence until he reveals it to you. Express your desire to be free from this prison of fear and ask the Holy Spirit to remove your worry. Ask him to override your feelings and enable you to experience inexplicable peace regardless of your circumstances.

READ



YOUVERSION Days 15-21

[Genesis 1:1-2](#)

[Psalm 104:24-30](#)

[John 14:25-27](#)

[Acts 13:49-52](#)

[Mathew 3:13-17](#)

[Mark 1:9-11](#)

[Luke 3:15-22](#)

[Romans 15:7-13](#)

[Ephesians 5:18-21](#)

[Acts 16:16-34](#)

[Mark 4:35-41](#)

[2 Timothy 1:7](#)

[Romans 14:15-19](#)

[Psalm 34:1-10](#)

