

FOUR STEPS IN THE STORM

Who is in the boat today? Name them, listen, discern, and choose your direction.

1

NAME THEM

Who is in the boat today? Anger? Sadness? Fear? Curiosity?

Don't judge them. Just name them.

2

LISTEN TO THEM

What is this emotion trying to say? What does it need?

Even anger may be saying, "I need protection." Even fear may be saying, "I don't want to be alone."

3

DISCERN

Is this emotion rowing me toward love, or trying to hijack the boat?

Is this emotion rooted in truth or trauma? Does it help me move forward or keep me stuck?

4

CHOOSE YOUR DIRECTION

What do I want to align with? What does love require of me right now?

You don't need to throw anyone overboard. But you don't have to let them steer.

Let Jesus be the anchor. Let love be the compass. Let your emotions be wind—not the captain.

You are not the storm. You are not what fear says. You are not alone in this boat.

"Peace! Be still." (Mark 4:39, NIV) — He still says it. And the wind still knows His name.