



Pray Lectio Divina or Ignatian Imaginative with Mark 4: 35-41

Fog Reflection

- 1) Since beginning the Gospel of Mark, what more have you come to know about who Jesus is? How has your relationship with Jesus changed?
- 2) What storm(s) are you currently facing? What do you need from Jesus? Ask Him.
- 3) Where is God asking you to trust Him more?

Weekly Challenge

- 1) Take some time to make a list of at 5-10 Scripture passages that bring you courage, hope, strength and that remind you of God's unfailing presence so that you can turn to these in stormy times. Write these down and place them in your Bible or Journal. Perhaps get creative and paint them on a canvas.
- 2) Reflect on a storm/challenge that you have recently faced or are currently facing. Where was/is God in the middle of it? How did/has the storm brought strengthened your faith? Give thanks to God for it.