



# CALMING DOWN



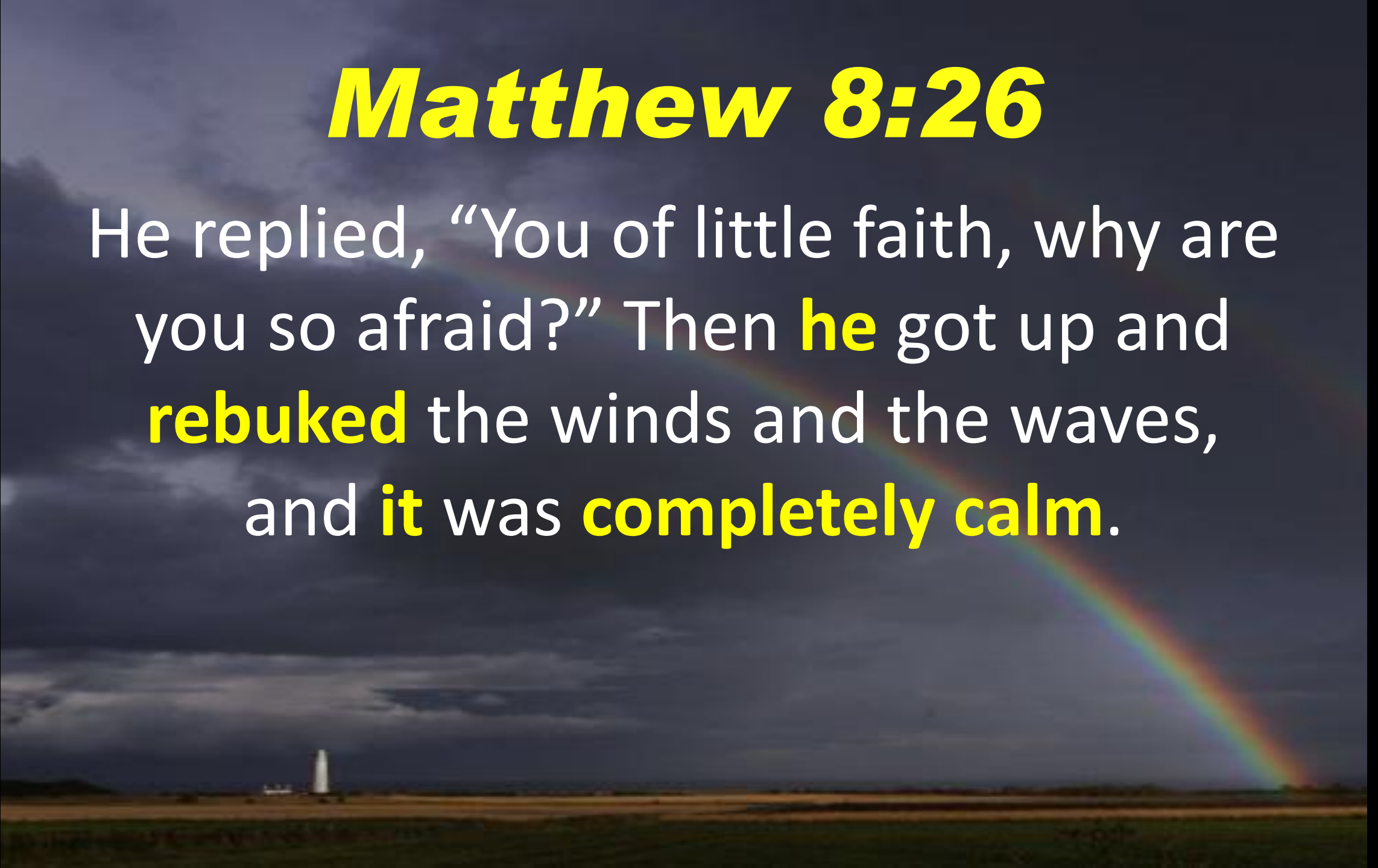
A dramatic landscape featuring a vibrant rainbow arching across a dark, cloudy sky. Below the rainbow, a flat, green field stretches to the horizon. In the distance, a small white lighthouse stands on a slight rise. The overall mood is serene yet powerful, suggesting a calm after a storm.

# SECRETS TO CALMING DOWN

***Matthew 8:23-27***

# ***Matthew 8:26***

He replied, “You of little faith, why are you so afraid?” Then **he** got up and **rebuked** the winds and the waves, and **it** was **completely calm**.



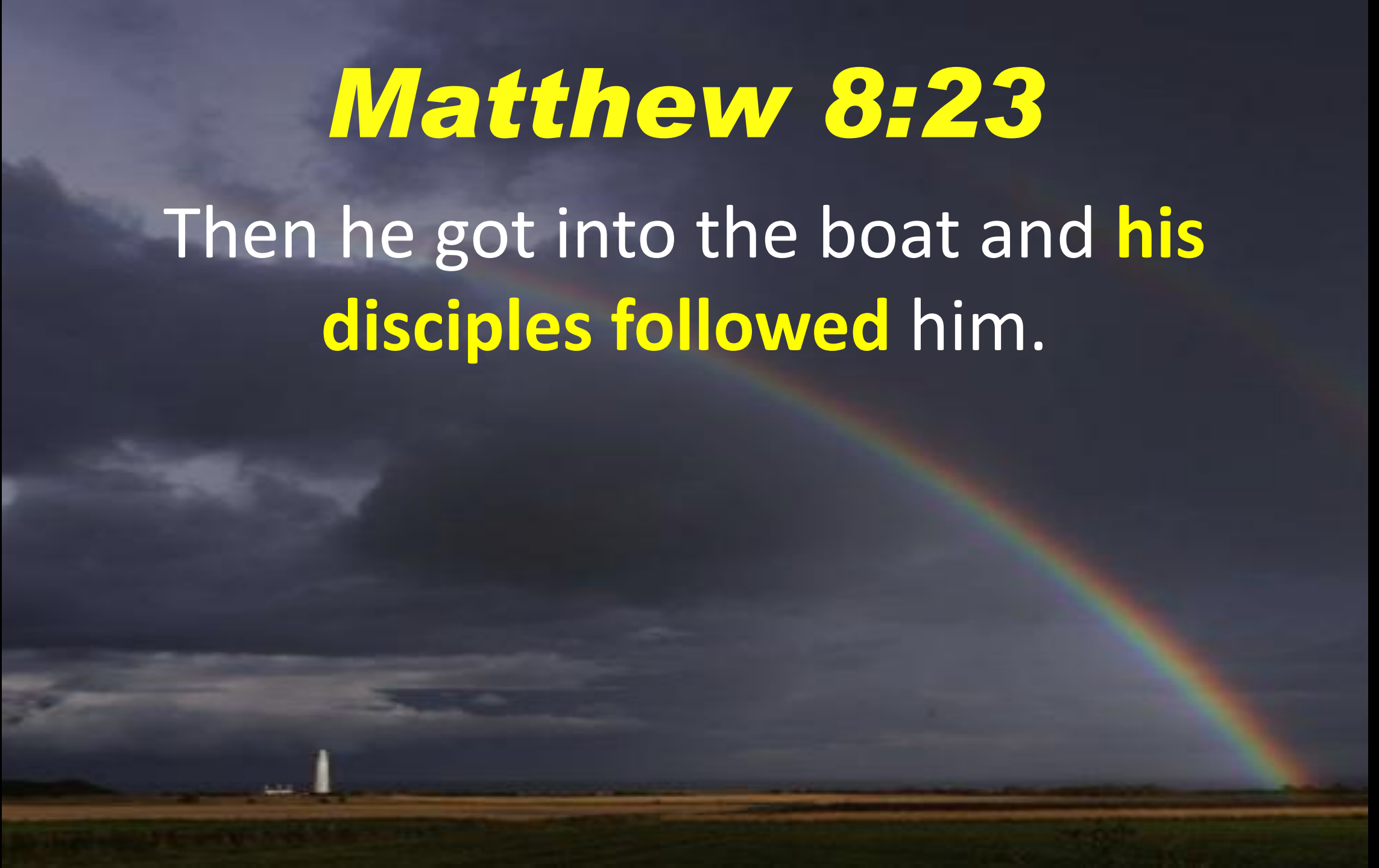


1. JESUS CALMS MY STORMS  
WHEN I **FOLLOW** JESUS.

***Matthew 8:23***

# ***Matthew 8:23***

Then he got into the boat and **his**  
**disciples followed** him.



A dramatic landscape featuring a vibrant rainbow arching across a dark, stormy sky. In the distance, a white lighthouse stands on a grassy field. The overall mood is one of hope and tranquility after a storm.

## 2. JESUS CALMS MY STORMS IN **HIS OWN TIME.**

***Matthew 8:24***



# ***Matthew 8:24***

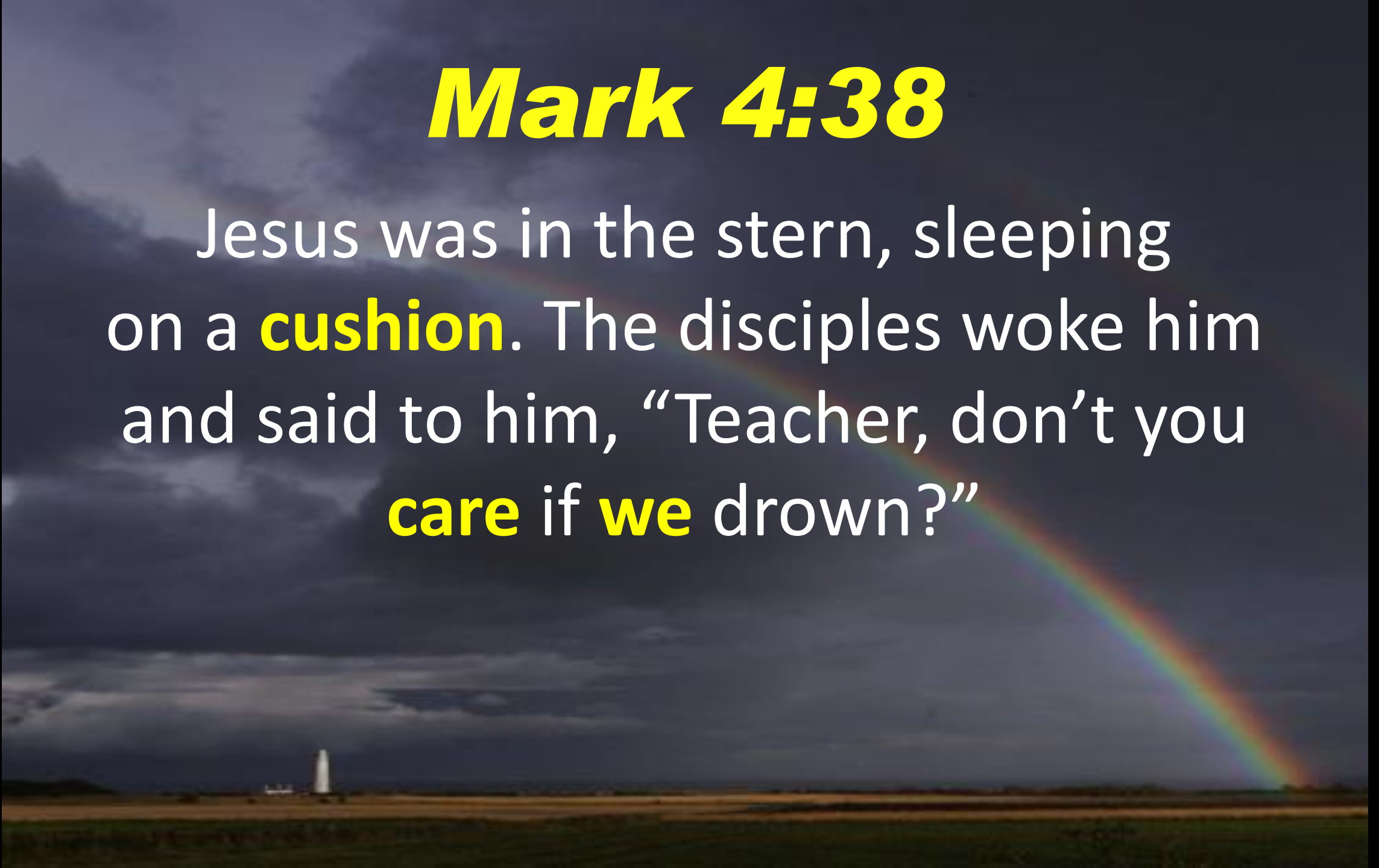
Suddenly a furious storm came  
up on the lake, so that the  
waves swept over the boat.  
But Jesus was **sleeping**.





# ***Mark 4:38***

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?”



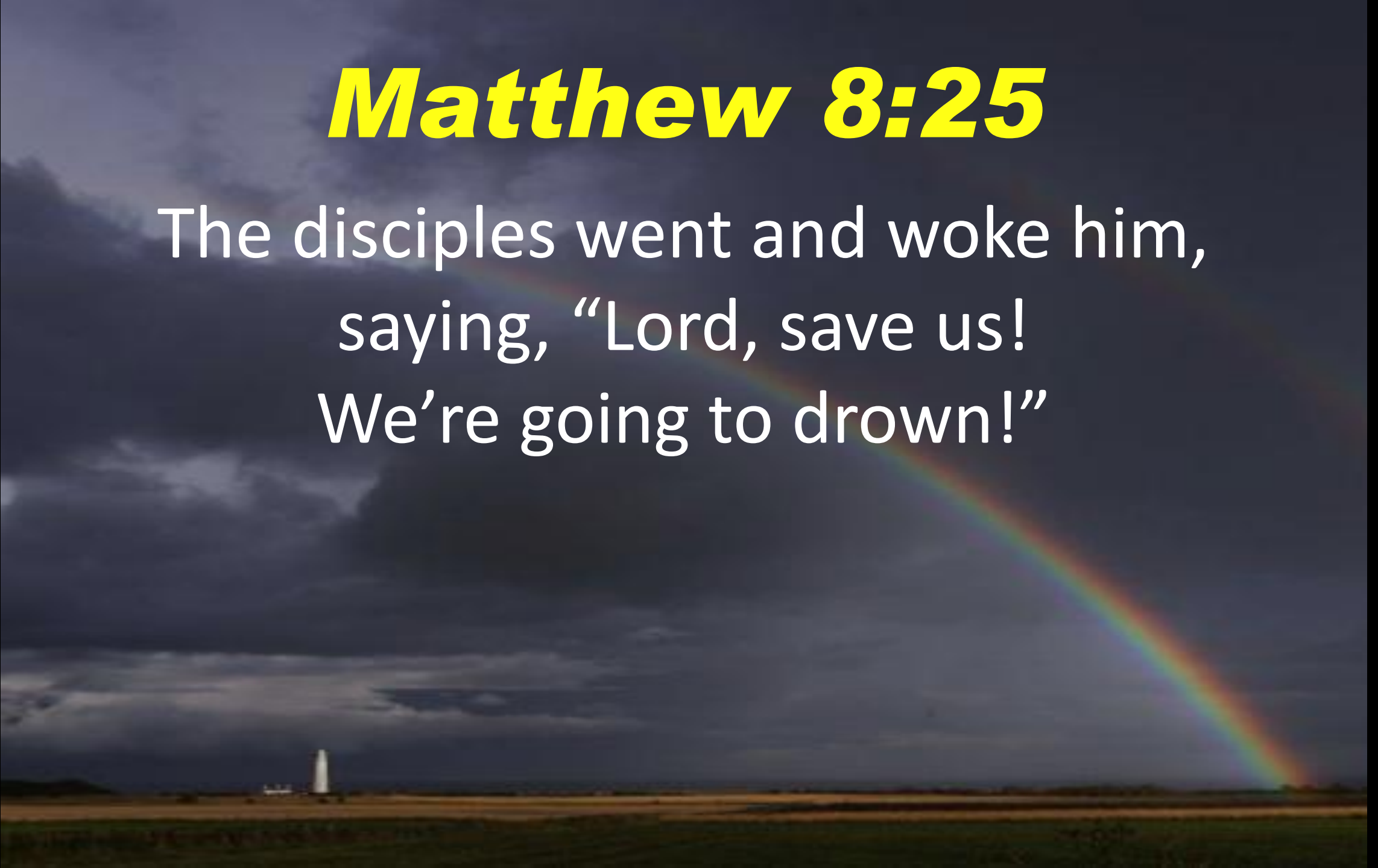


3. JESUS CALMS MY STORMS  
WHEN I **DEMONSTRATE** MY  
**FAITH.**

***Matthew 8:25-26***

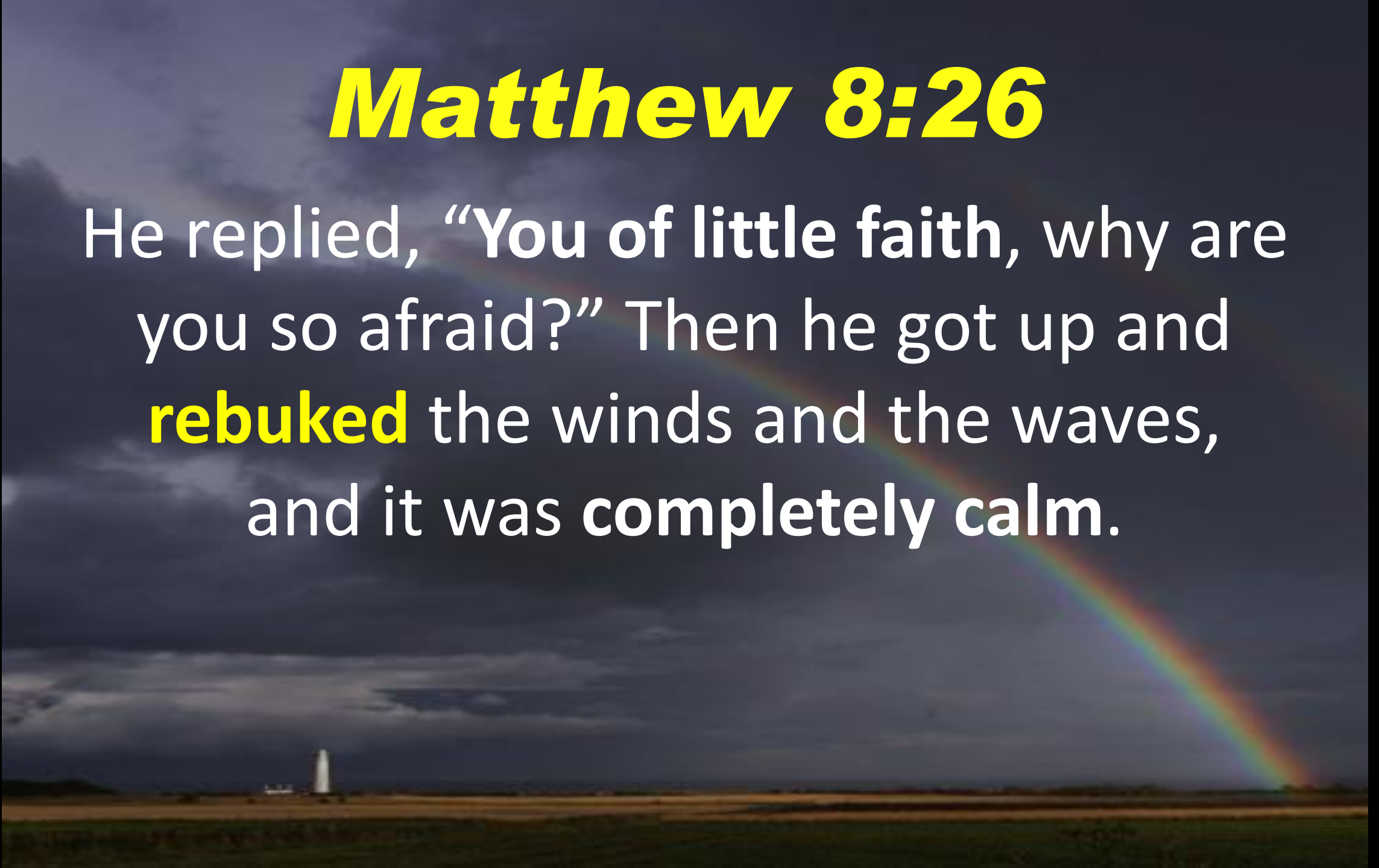
# ***Matthew 8:25***

The disciples went and woke him,  
saying, “Lord, save us!  
We’re going to drown!”



# ***Matthew 8:26***

He replied, “You of little faith, why are you so afraid?” Then he got up and **rebuked** the winds and the waves, and it was **completely calm**.



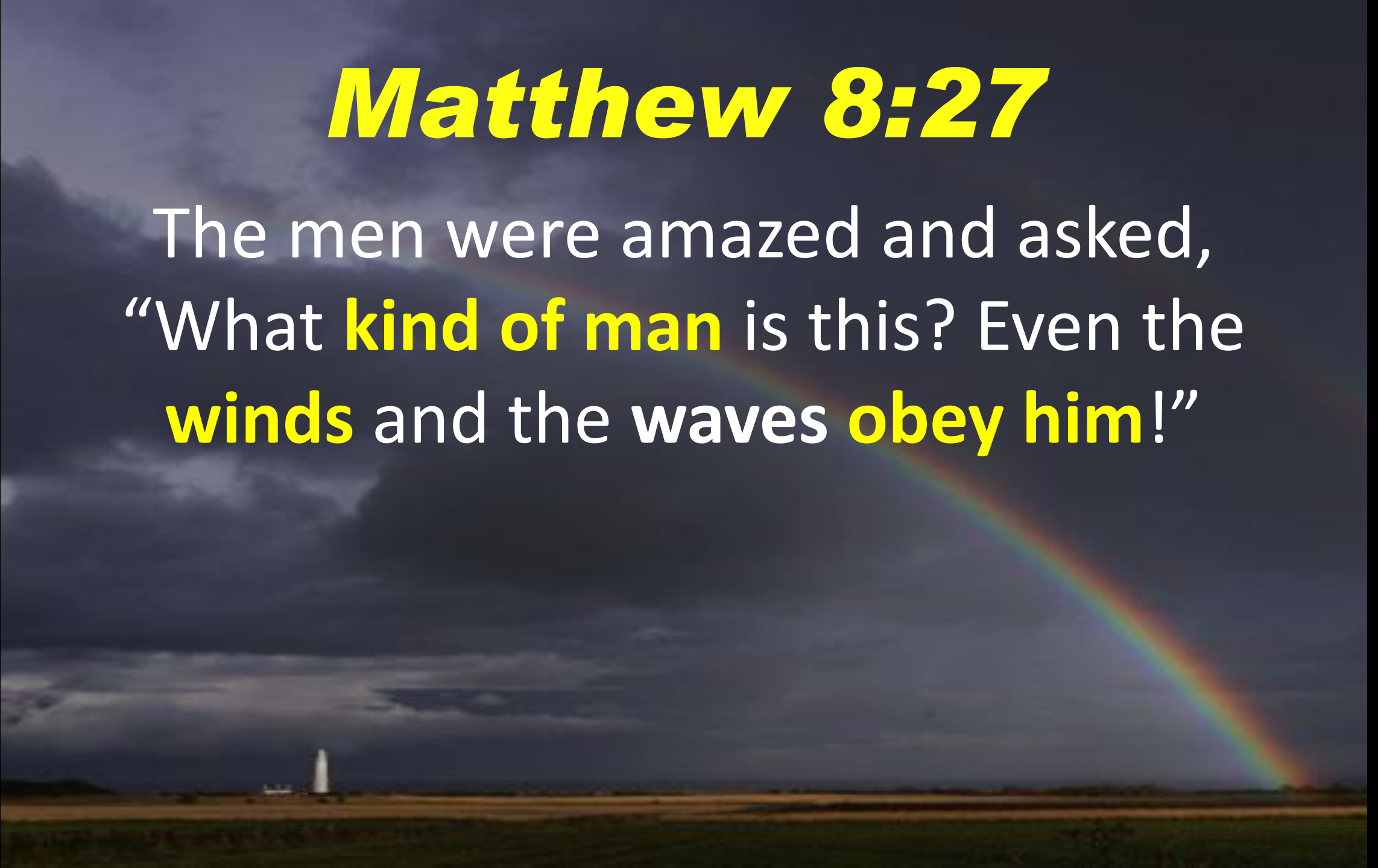


4. JESUS CALMS MY STORMS  
WHEN I **MAKE HIM LORD**  
OVER MY **WHOLE LIFE.**

***Matthew 8:27***

# ***Matthew 8:27***

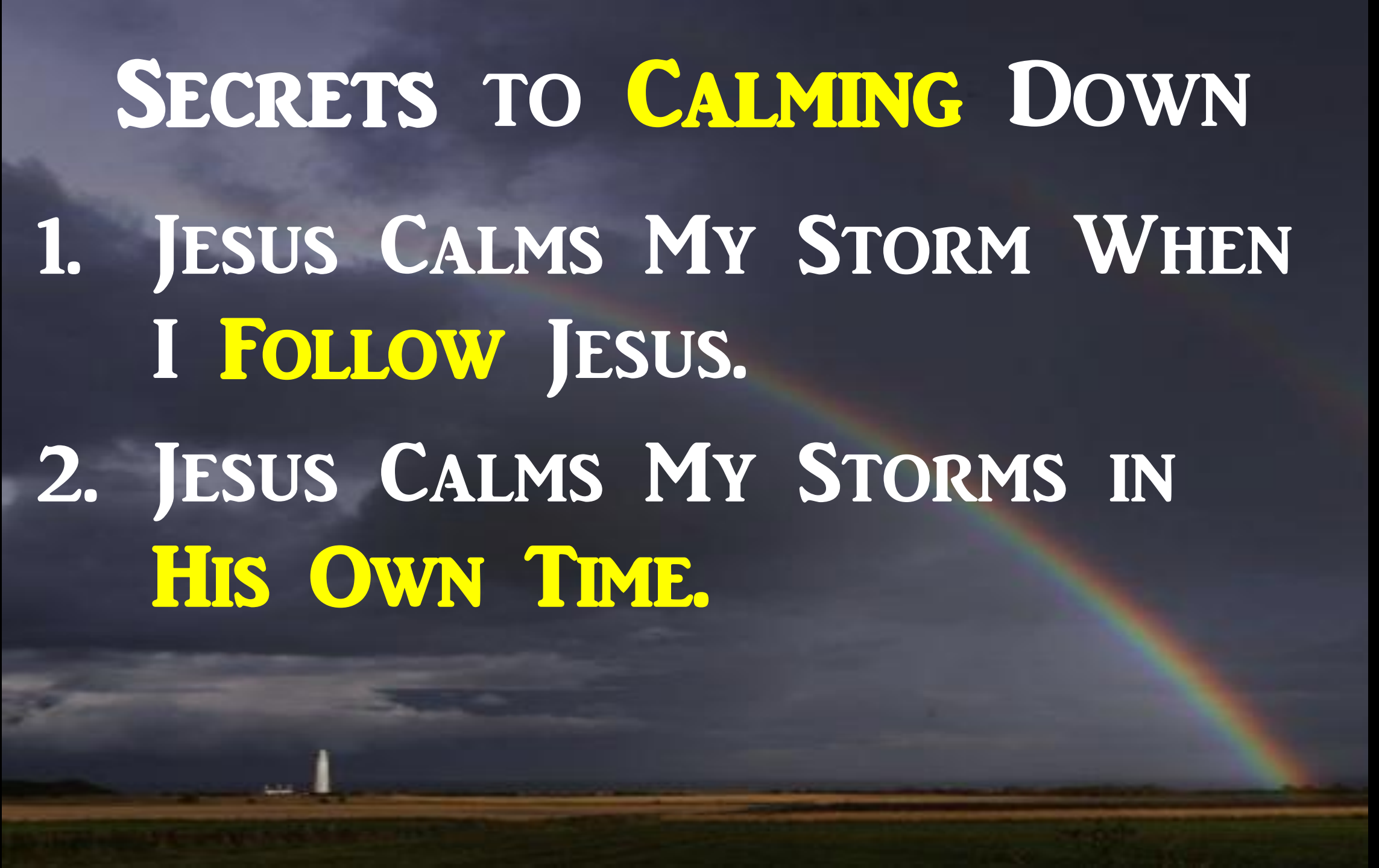
The men were amazed and asked,  
“What **kind of man** is this? Even the  
**winds** and the **waves obey him!**”





# SECRETS TO **CALMING** DOWN

1. JESUS CALMS MY STORM WHEN  
I **FOLLOW** JESUS.
2. JESUS CALMS MY STORMS IN  
**HIS OWN TIME.**





# SECRETS TO **CALMING** DOWN

3. JESUS CALMS MY STORMS WHEN  
I **DEMONSTRATE** MY **FAITH.**

4. JESUS CALMS MY STORMS WHEN  
I **MAKE HIM LORD** OVER MY  
**WHOLE LIFE.**



A dramatic landscape featuring a vibrant rainbow arching across a dark, cloudy sky. In the foreground, a flat, grassy field stretches towards a distant horizon. On the left side of the horizon, a small white lighthouse stands out against the dark background. The overall mood is serene yet powerful, suggesting a moment of calm after a storm.

SECRET TO **CALMING** DOWN

**JESUS!**