

Prayer Practice: Visio Davina

Mark 4:35-41

[35](#)As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." [36](#)So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). [37](#)But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

[38](#)Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

[39](#)When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. [40](#)Then he asked them, "Why are you afraid? Do you still have no faith?"

[41](#)The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"

Read:

Notice what words or phrases strike you.

Reflect:

Why are these words striking you in this moment?

What is happening in your heart, in your life, in the world that makes these words stand out?

What might God want you to experience, see, feel, know thru these words? Is He inviting you to something thru these words?

Respond:

How will you respond to what God is showing you here?

Rest:

As God has been speaking to you thru His Word and you have been speaking back, this unfolding conversation is an indication of His closeness. Take a few moments to simply rest in His close presence.

