

A SEVEN-DAY DEVOTIONAL

Finding Jesus in the Middle of the Storm

Gentle readings for seasons of upheaval

Simplify to Glorify

Before You Begin

If your life feels like a storm right now, you do not have to calm it before you come here. You can come right in the middle of it, exactly as you are.

This is a small companion for seven days. One short reading a day. There is nothing to fix and no feeling you are required to summon. If all you can do is read one line and close the page, that is enough.

A storm has a way of making God feel distant, as if He is somewhere beyond the noise and the wind. These pages will not pretend the storm is not real. They will only sit with you in it and point, gently, to the One who is closer than the chaos makes Him seem.

Read slowly. Skip a day if you need to. Come back when you can. He is not keeping score, and neither am I.

The Storm Is Real

And a violent windstorm came up, and the waves were breaking over the boat so much that the boat was already filling with water.

Mark 4:37

REFLECTION

Before this story says anything about Jesus calming the sea, it tells the truth about the storm. The wind was violent. The waves were breaking over the boat. The water was already coming in. Scripture does not minimize what the disciples were facing, and it will not minimize what you are facing either. Think of a doctor who looks you in the eye and names the diagnosis plainly instead of brushing past it. That honesty is not cruelty. It is the only thing that makes real help possible. God does the same with your storm. Whatever has your life pitching and filling with water right now is real. You do not have to pretend it is smaller than it is, or that a stronger faith would make you feel calmer than you do. Naming the storm honestly is not a lack of trust. It is where trust begins. The same Jesus who was in that boat is in this one with you, and He is not frightened by the size of the waves.

A SMALL STEP

You do not have to downplay your storm today. Name it honestly to God. He is already in the boat with you.

PRAYER

Lord, the waves feel like they are breaking over me, and I will not pretend otherwise. I am tired, and parts of me are afraid, and I have been trying to hold this together on my own. Thank You that I do not have to make it look smaller than it is to come to You. Thank You that You are in this boat with me, that You see the water coming in and have not turned away. Help me to be honest with You about how hard this is. Steady my hands when they shake. Steady my heart when it races. Remind me, even now, that You are not frightened by what frightens me. In Jesus' name, Amen.

He Is in the Boat

And He Himself was in the stern, asleep on the cushion; and they woke Him and said to Him, Teacher, do You not care that we are perishing?

Mark 4:38

REFLECTION

Notice where Jesus was. Not on the shore, watching from a safe distance. Not waiting for the weather to clear before He joined them. He was in the boat, in the same storm, riding the same waves. Picture a friend who does not just text you from somewhere warm and dry while you are stranded, but climbs into the same broken-down car on the side of the road and waits out the night beside you. That is the kind of presence this verse describes. When you feel like you are going under, it can seem like God is far away and untouched by what you are enduring. This verse says otherwise. He is not observing your storm from somewhere distant. He is in it with you. The disciples even asked the question your own heart may be asking, do You not care that I am perishing. Jesus did not rebuke them for it. He answered it. You are allowed to ask Him the same.

A SMALL STEP

Tell Jesus the honest question underneath your fear. He is in the boat, and He does not turn away from it.

PRAYER

Jesus, sometimes it feels like You are asleep in the back of the boat while I am bailing water as fast as I can. I have wondered if You see this, if You care, if You are even paying attention. Thank You that asking that question did not push the disciples away from You, and it does not push me away either. Thank You that You are not watching from the shore but sitting here in the same storm with me. Help me to feel how near You are when my fear tells me You are far. Quiet the voice that says I am alone in this. Let me rest, even a little, knowing You are right here. In Jesus' name, Amen.

He Is Not Indifferent to You

Cast all your anxiety on Him, because He cares about you.

1 Peter 5:7

REFLECTION

When the storm goes on and on, a quiet lie can creep in. It whispers that God has lost interest, that your troubles are too small or too repetitive to matter to Him. This verse meets that lie directly. Imagine a mother who does not grow tired of her child coming to her with the same fear night after night. She does not sigh and say you again. She opens her arms again. That is how God receives you. You are invited to cast all your anxiety on Him, and the reason given is simple. He cares about you. Not in a distant, general way, the way someone cares about a cause, but personally, the specific weight you are carrying right now, the thing that kept you up last night. You do not have to carry it alone to prove your strength. You are allowed to hand it over, again and again if you need to. His care for you does not run out.

A SMALL STEP

Name one anxiety you are gripping tightly and hand it to Him out loud. He cares about that exact thing.

PRAYER

Father, I have been carrying this weight as if it were mine alone to hold, and my arms are aching from it. I have told myself it is too small to bother You with, or that I should be able to handle it by now. Thank You that You do not grow weary of me bringing the same worry to You over and over. Thank You that Your care is not general but personal, that You know the exact shape of what I am afraid of. I am casting it on You now, and I may need to cast it again tomorrow, and the day after. Catch it each time. Teach me to trust that I matter to You in the middle of this, not just when it is over. In Jesus' name, Amen.

Peace That Does Not Depend on Calm

Peace I leave you, My peace I give you; not as the world gives, do I give to you. Do not let your heart be troubled, nor fearful.

John 14:27

REFLECTION

The peace Jesus offers is not the kind the world hands out, the kind that only arrives once the problem is solved and the skies are clear. He says plainly that His peace is not as the world gives. Think of the deep water far beneath the surface of the ocean. On top, the waves crash and churn and throw everything into chaos, but go down far enough and the water is still. His peace is like that depth. It can hold steady while the surface of your life is still wild, because it does not depend on the weather. It depends on Him. This matters when your circumstances have not changed and may not change soon. You can have peace before the storm passes, not because you have talked yourself into calm, but because the One who holds you is steady when everything else is not. You do not have to manufacture this peace. It is given. You only have to receive it.

A SMALL STEP

Ask Him for His peace today, not for the storm to end first. Receive it as a gift, not a reward.

PRAYER

Jesus, my circumstances have not changed, and I am so tired of waiting for them to. I have been telling myself I will finally feel peace once this is fixed, once the waves die down. Thank You that Your peace does not work that way. Thank You that You offer me something deeper than calm circumstances, a stillness underneath the storm that the storm cannot reach. I cannot manufacture this on my own, and I am done trying. I am simply asking You for it. Give me Your peace right here, in the unfinished and unresolved middle of this. Let it settle the deepest part of me, even while the surface of my life is still rough. In Jesus' name, Amen.

Keep Your Eyes on Him

But seeing the wind, he became frightened, and when he began to sink, he cried out, saying, Lord, save me!

Matthew 14:30

REFLECTION

Peter was walking on the water, doing the impossible, until he looked at the wind. The moment his eyes left Jesus and fixed on the storm, he began to sink. Think of someone learning to ride a bicycle who is told to look at where they want to go, not at the curb they are afraid of hitting. The moment they stare at the curb, they steer straight into it. We drift toward whatever holds our gaze. When we stare at the waves long enough, fear rises and we go under. But look at what Peter did next. He did not swim harder or pretend he was fine. He cried out, Lord, save me. And the very next verse says Jesus immediately reached out His hand. Sinking is not the end of the story, and crying out is not weakness. You only have to turn your eyes, again and again, back to the One whose hand is already reaching toward you.

A SMALL STEP

When fear rises today, do not fight it alone. Simply turn your eyes back to Him and say, Lord, save me.

PRAYER

Lord, I keep staring at the waves, and the longer I look the more I feel myself going under. I have been so focused on everything that could go wrong that I have lost sight of You. Thank You that when Peter started to sink, You did not lecture him or wait for him to fix his own fear. You reached out Your hand immediately. Thank You that crying out to You is not a sign of weak faith but the wisest thing I can do. Help me turn my eyes off the storm and back onto You, not once but as many times as I need to today. When I feel myself slipping, remind me that Your hand is already reaching for mine. Save me. In Jesus' name, Amen.

He Has Stilled Storms Before

He caused the storm to be still, so that the waves of the sea were hushed.

Psalm 107:29

REFLECTION

This verse is not a wish or a hope. It is a record of something God has already done. He caused the storm to be still. The waves that had terrified sailors were hushed at His word. Think of how a small child calms down in the middle of a thunderstorm, not because the thunder has stopped, but because a parent whose voice they have trusted a hundred times before is holding them and saying, I have got you. The trust is built on a history. When you are in the middle of your own storm, it can feel like it has always been this way and always will be. But the God you are trusting has a history too. He has stilled storms before, in Scripture and in countless lives since, and that history is steadier ground than your present feelings. You do not have to know how or when He will bring stillness to yours. You only have to remember that calming storms is something He does.

A SMALL STEP

Remember one time God carried you through before. Let that memory steady you in the storm you are in now.

PRAYER

Father, this storm feels like it has gone on forever, and some days I cannot imagine it ever ending. I have started to forget that You have brought me through hard things before. Thank You that Your word has hushed storms that terrified people far stronger than me. Thank You that You have a long history of faithfulness, in the Scriptures and in my own life, even when I lose sight of it. Help me to remember the specific times You carried me when I was sure I would not make it. Let those memories steady me now, like a child who calms in the storm because the One holding them has never once let go. Quiet my fear with the sound of who You have always been. In Jesus' name, Amen.

The Storm Will Not Have the Last Word

These things I have spoken to you so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

John 16:33

REFLECTION

Jesus does not promise a life without storms. He says plainly that in this world you will have trouble. He does not pretend otherwise, and that honesty is a mercy. But He does not end there. In the same breath He says take courage, because He has overcome the world. Think of reading a hard chapter of a book when you already know how the story ends. The chapter is still painful, the danger still feels real, but you turn the pages differently because the ending is settled. That is the courage Jesus offers. The storm you are in is real, but it is not the final word over your life. It is not stronger than the One who has already won. Whatever this storm takes from you, it cannot take you out of His hands, and it cannot outlast His victory. You can hold both truths at once. The trouble is real, and He has overcome.

A SMALL STEP

Hold both today. The storm is real, and Jesus has overcome it. You can be honest and anchored at the same time.

PRAYER

Jesus, the trouble in front of me is real, and I am not going to pretend it away. But thank You that this chapter is not the end of my story. Thank You that You have already overcome the world, that the outcome I cannot see is settled in Your hands. Help me to live these hard days like someone who knows how the story ends, turning each page with courage instead of dread. When the storm tries to convince me it gets the final word, remind me that it does not. Hold me so close that nothing this storm takes can take me from You. Anchor me in Your victory when my own strength is gone. Let me rest in the truth that I am already held, and already kept. In Jesus' name, Amen.

A Word as You Close This

You reached the end of seven days. In the middle of a storm, that is not a small thing. Notice it gently, without pressure to feel calm or fixed.

Nothing here asked you to stop the storm or pretend it was not happening. Whatever you are weathering, you weathered these seven days in the company of a God who has been in the boat the whole time.

If these days helped even a little, come back to them. Read the one you need most. Let it sit with you again.

The storm is real. He is in the boat. He cares about you. His peace does not wait for calm. He has stilled storms before, and He has already overcome the world. All of that is still true tomorrow, and every day the wind keeps blowing.

You are not alone in this boat. You never were.

With grace,

Simplify to Glorify

Scripture quotations taken from the New American Standard Bible® (NASB), Copyright © 2020 by The Lockman Foundation. Used by permission. All rights reserved. www.lockman.org

Copyright © 2026 Simplify to Glorify. All rights reserved. This resource is licensed for personal use. You are welcome to print copies for yourself and your own household. Please do not resell, redistribute, or share the digital files. More resources available at simplifytoglorify.com

Simplify to Glorify