




# Quiet Seas

Have you ever been at the seashore and watched a small boat sail across the sea? Maybe you saw the sails of the boat gently catch the wind that would move the boat along its way. Even a large ship, as it moves through the waves, seems to be cradled by the great ocean. It is such a beautiful and graceful sight to behold.

Jesus Christ spent some time on a ship. On one occasion, Jesus and his disciples were on a ship when a very great storm arose. The ship was violently tossed and covered with waves, and yet during this great storm, Jesus was quietly sleeping. His disciples, on the other hand, were not so peaceful. They woke Jesus, saying, "Lord save us: we perish" (Matthew 8:25). But Jesus was not alarmed. He calmed his disciples and said, "Why are you fearful?" Then he arose and rebuked the winds and the sea. And do you know what happened? There was a *great* calm! The disciples were amazed. They wondered what kind of man Jesus Christ was that even the winds and the sea obeyed him!

Jesus Christ was able to remain calm because he knew God was there to care for him and his disciples. He knew the power of God, so he did not fear.

We can stay quiet on the inside because we know God's promises and we can stand strong on them. We can have "quiet seas" because Christ has calmed the storms and Christ is in us. 

# Putting It All Together

The “broken” sentences below need to be put back together. Draw a line from each phrase in column 1 to its correct ending in column 2 to make a complete sentence. All of the correct answers can be found in the article “Standing Strong.”

## COLUMN 1

1. Genesis 6:8 says that Noah
2. Man was so evil that
3. God told Noah that
4. God instructed Noah how
5. Genesis 7:5 says that Noah did
6. The rains poured for
7. God gave the rainbow as a reminder that
8. When we stand strong for God and His Word,

## COLUMN 2

- a. our lives will be blessed.
- b. there was going to be a flood.
- c. forty days and forty nights.
- d. found grace in the eyes of the Lord.
- e. he brought evil upon himself.
- f. to build the ark.
- g. there would never be another worldwide flood.
- h. all that the Lord commanded him.

Answers:  
1. d  
2. e  
3. b  
4. f  
5. h  
6. c  
7. g  
8. a

