

AFTER THE STORM

Day One: The Calm After the Storm

Scripture: *“He stilled the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and He guided them to their desired haven.”* — Psalm 107:29-30

When a storm finally passes, the first thing we notice is the quiet. The winds no longer howl, the rain no longer pounds, and the chaos gives way to stillness. At first, the silence may feel almost strange because we’ve been bracing ourselves for so long. But then it sinks in—God has brought us through.

In our lives, storms—whether they are literal hurricanes, personal losses, or seasons of hardship—can leave us feeling battered and exhausted. When the noise subsides, we often feel relief, but we also begin to reflect. The calm after the storm is more than just the absence of trouble; it’s the gift of peace that only God can provide.

This peace is not something we manufacture ourselves. It’s not dependent on perfect circumstances or everything being put back together right away. It is a supernatural calm that comes from knowing that the same God who spoke and calmed the winds on the Sea of Galilee still speaks peace into our lives today.

The calm is also a time of guidance. Notice that the Scripture says, *“He guided them to their desired haven.”* God doesn’t just still the storm; He steers us to safety. After every storm, He leads us toward a place of refuge, rest, and renewal.

Sometimes the temptation after a storm is to immediately rush into fixing everything. But the calm is an invitation to pause, to breathe, and to recognize God’s presence. It’s in this pause that gratitude begins to rise and faith grows stronger.

💡 **Reflection:** Where do you feel God's peace in the aftermath of your storm? Can you recall a time when His presence was more real in the stillness that followed chaos?

🙏 **Prayer:** Lord, thank You for calming the storms in my life. Thank You for the peace that follows, for the stillness where I can hear Your voice more clearly. Teach me not to rush past the calm, but to rest in it, knowing You are guiding me to safe harbor. In Jesus Name We Pray, AMEN!