

HOW TO QUIET A HURRICANE

STRATEGIES FOR CHRISTIAN ENDURANCE
IN THE MIDST OF LIFE'S STORMS

GROUP WORKBOOK

WELCOME TO THE HOW TO QUIET A HURRICANE GROUP GUIDE

The storms of life can leave you feeling exhausted and weak. We often feel stuck in our faith journey, lacking the spiritual resilience that propels us past weariness and anxiety and into lasting peace. Over the next six weeks, we will seek God as a community, looking to Jesus to reignite our faith and find the inner strength to navigate life's challenges.

During these times together, we will discover:

- Why weakness is the starting point for spiritual strength
- How lasting endurance comes from understanding the love of God
- Ways to apply God's promises to your daily life
- A freeing perspective on what it really means to be secure
- Why faith rooted in Jesus can bring you through any trial

So, you are invited to join us – come just as you are. When your heart tells you that God is far away, remember that he is the God who draws close. He is the God who uses suffering to conquer suffering. He is the God who empowers you to move beyond survival and into a life of victory. Together, our God will meet us and do something transformative and lasting in our lives!

TIPS FOR GROUP LEADERS

Thank you for leading a *How to Quiet a Hurricane* group! Here are a few simple tips to prepare for your gathering:

PRAY! Before each meeting, pray that God would use this group to transform lives and build deep community.

CONFIRM ALL THE DETAILS FOR THE GROUP. Make sure people know where to go, when the meeting starts, and a contact number in case they get lost.

PREPARE EACH WEEK FOR YOUR GROUP. Take the time to read the Bible passage and review all the questions. Gather your thoughts around each question. This will enable you to lead as needed each week.

MAKE THE SPACE HOSPITABLE. Set up a space to meet. Provide light refreshments. Make your space as welcoming as possible. Consider using name tags, especially for the first meeting.

DON'T BE TOO FORMAL. Treat the group more like family and less like a business.

USE THE MATERIALS PROVIDED. Make sure everyone has a guide. Test the videos prior to the first meeting.

FIGURE OUT A PLAN FOR KIDS. Maybe the kids are old enough to participate, or perhaps the group hires a babysitter. Make a plan ahead of time.

ENCOURAGE EVERYONE TO PARTICIPATE. If someone in your group doesn't want to share, that's okay, but try to allow everyone an opportunity to be involved.

HOW TO USE THIS GUIDE

1. **REVIEW WORKBOOK FORMAT.** As you lead the discussion, note there is a specific framework. Please be intentional in asking questions in all three sections. The sections are as defined below:

THINK These questions help us to examine what the scripture shows.

REFLECT These questions help us to wrestle with what we believe.

ACT This is where you encourage a response to obey and apply what God is speaking.

2. **PREPARE FOR THE DISCUSSION.** Prior to your weekly meeting, take a few moments to review the content for that week. In the workbook, you will find the reference to a passage in the Bible and discussion questions. Take time before the meeting to gather your thoughts.
3. **WATCH THE VIDEO WITH YOUR GROUP.** After opening with prayer, visit <https://www.justinkendrick.com/how-to-quiet-a-hurricane> to find the weekly video links. Watch the weekly video together before your discussion.
4. **TALK THROUGH THE QUESTIONS.** Once you have watched the video, talk through the questions. Groups where everyone participates grow deeper in their relationship with God and one another.
5. **FOLLOW THROUGH ON THE APPLICATION.** Every week, there is a section titled “Going Deeper.” This is for you to use during the week to dig deeper into the weekly focus. Make time for this in your life!

GROUP MEETING ONE

FIND A FRESH VISION FOR AN OVERCOMING LIFE

CHOOSE OPTIONAL ICEBREAKER Turn to page 18.

READ KEY THOUGHT *“When we face circumstances that seem unfair, inexplicable, or beyond our strength, something in us is prone to question God. How could he let this happen? Doesn’t he care? If he does, then why won’t he do something? Like the disciples, we can quickly conclude that because Jesus doesn’t immediately stop the storms we face, it means he is either not as loving or not as powerful as the Bible claims. But what if this hurricane nap is intended to model for us a different way of life.” (Kendrick 2024, 21–22)*

PLAY VIDEO

READ SCRIPTURE Before discussion, read Mark 4:35–41 aloud. Invite a few group members to each read a portion.

DISCUSS Choose one or two prompts from each section.

THINK

1. In verse 35, Jesus invited his disciples into the boat to go across to the other side. Suddenly, a great storm arose; how did the disciples respond?
2. Why do you think the author included the detail that Jesus was sound asleep during the storm (v. 38)?

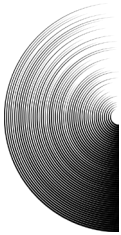
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REFLECT

1. How do you respond when facing a stormy and unexpected situation in life? Are you fearful? Do you withdraw from God or others? Do you ignore it and push on? Or something else?
2. Describe how your journey with Jesus has changed your reactions to life's storms. Why do you think this is so?
3. When in your life have you sensed God speaking, "Peace, be still," straight into your heart? How did you respond?

ACT

End your group by praying for one another. Invite each person to share an area in life where they are experiencing a storm or need God's peace. Then, agree together for God to meet that need. Share any scriptural promises that come to mind as you pray.



GO DEEPER *As a group, plan for each person to pray daily for another, specifically around their current needs. If willing, exchange phone numbers and text a word of encouragement to that person this week.*

GROUP MEETING TWO

EMBRACE YOUR WEAKNESS

CHOOSE OPTIONAL ICEBREAKER Turn to page 18.

READ KEY THOUGHTS *“God’s plan to display his strength on the earth hinges on using unqualified people, and when we acknowledge our weakness, we become perfectly positioned for an outpouring of his power.” (Kendrick 2024, 42)*

“Every person must come to the end of their own righteousness and face the truth. You are flawed and broken, and it’s only by leaning into this painful reality that you are made whole.” (Kendrick 2024, 40)

PLAY VIDEO

READ SCRIPTURE Before discussion, read Luke 18:9–14 aloud. Invite a few group members to each read a portion.

DISCUSS Choose one or two prompts from each section.

THINK

1. What immediately stands out to you in this story?
2. Why do you think Jesus told this parable? What do you think is his main point in the story? How does this apply to our world today?

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REFLECT

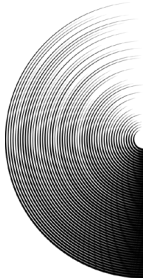
1. When have you displayed characteristics like the Pharisee on your journey as a follower of Jesus?
2. What changed your heart from pride in your own strength to recognizing your inherent weakness? Describe what that experience was like.
3. Read verse 13 aloud. What is your gut reaction to this display of weakness?
4. What does it look like to humble yourself? To exalt yourself?

ACT

Spend ten minutes in corporate repentance from pride and self-sufficiency. This means simply telling God you are sorry for the times you've neglected to walk humbly before him and instead lived by your own strength.

Begin by praying this simple prayer together aloud: *Lord Jesus, have mercy on me, a sinner.* If possible, kneel together as a sign of humble surrender. Be sure to end this time in faith. When we confess our sins, God is faithful and just to forgive us and cleanse us of all unrighteousness. Together, thank him for his unconditional love for you.

GOING DEEPER Each day this week, spend some time meditating on Psalm 51. Then pray these brief prayers.



Father, help me surrender the areas of weakness I am hiding from or ignoring. Also, show me ways that I am living in my own strength. Expose areas of sin. Guide me into truth.

Holy Spirit, in which relationships have I been prideful and self-righteous? What is my next step with those people?

GROUP MEETING THREE

COME HOME TO GOD'S LOVE

CHOOSE OPTIONAL ICEBREAKER Turn to page 18.

READ KEY THOUGHT *“Self-discovery will leave you empty, and moral conformity will leave you self-righteous. The parable of the prodigal son is intended to point us beyond these two unsatisfactory life philosophies and toward a radical third way to approach God. The third way does not come naturally. It shocks our system and surprises our rational mind. Most importantly, this third way carries within itself the power to change our hearts.” (Kendrick 2024, 50)*

PLAY VIDEO

READ SCRIPTURE Before discussion, read Luke 15:11–32 aloud. Invite a few group members to each read a portion.

DISCUSS Choose one or two prompts from each section.

THINK

1. Why do you think the younger son was so eager to get his inheritance and leave home?
2. Verse 28 tells us that the older brother was angry when his brother returned and then refused to go to the celebration. Why do you think he responded this way?

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REFLECT

1. Verse 17 tells us that the younger son “came to his senses.” When have you experienced a moment like this in your life?
2. This parable gives us a peek into the heart of God as our Father. Read verse 20 aloud. How do the father's actions in the story reveal God's heart to us as Father? How does this move your heart to want to love and trust God more?
3. How would you describe the reaction of the older brother? Can you relate to his response to both his father and brother? Have you ever felt God was unfair in his dealings with you?

ACT

Break into same-gender groups of 2–3. Have each person respond to these questions: What are the prodigal areas (younger son) in your life right now? Where are you living in self-righteousness (older son) right now?

Take turns confessing this struggle and asking God to forgive you and heal your heart. Pray for one another for a fresh revelation of God's invitation to come home to his love.

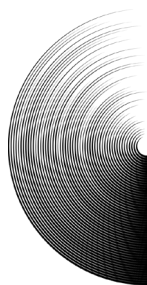
GOING DEEPER This week, receive a new revelation of coming home to God's love. Do this by meeting with God in a new way.

Spend extra time meditating on the truth of God's love as revealed in the Bible.

Walk at the beach or park and experience God's glory and wonder in nature.

Set aside an evening to worship and pray with trusted friends.

Confess your struggle to come home to God's love to a mature believer and then ask for prayer.



GROUP MEETING FOUR

TRUST IN THE PROMISES OF GOD

CHOOSE OPTIONAL ICEBREAKER Turn to page 18.

READ KEY THOUGHTS *“Doubt can be a paralyzing experience, and it impacts everyone who seeks to grow in their relationship with God. If we don’t address our doubts and process our doubts, they will eventually undermine the foundation of our faith.” (Kendrick 2024, 66–67)*

“Real relationship with God requires growth in trust, and trust only grows when we take God at his word. The revelation of God contained in the Bible must become the foundation for our understanding of all of life. It must be allowed to confront us and contradict our way of thinking and then reshape us when necessary.” (Kendrick, 2024, 72)

PLAY VIDEO

READ SCRIPTURE Before discussion, read Matthew 14:13–21 aloud.
Invite a few group members to each read a portion.

DISCUSS Choose one or two prompts from each section.

THINK

1. What is your experience with the Bible? How do you routinely interact with scripture?
2. In this narrative, Jesus tells the disciples to feed thousands of people – a seemingly impossible task. How do the disciples respond? How does Jesus respond?
3. What do you think is the main point of this story?

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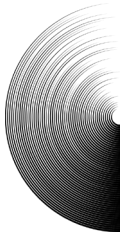
REFLECT

1. Which character in this story do you most relate with? Why is that so?
2. When have you faced an impossible situation? Describe how you faced your doubts when trusting God for provision.
3. Share a Bible story, passage, or verse that God is inviting you to meditate on. How is he using his word to silence your doubts and inspire a deeper trust in him?

ACT

Break into pairs and pray for one another. As needed, repent for making time for everything except reading and studying God's word each day. Ask God's Spirit to fill each of you with a deep hunger for his word.

GOING DEEPER As a group, choose a few Psalms and a book in the New Testament to read this week. Commit to spending 30–60 minutes each day reading what you've selected.



If willing, exchange phone numbers with one member of the group. Text two or three times during the week – share something interesting you found in the reading.

GROUP MEETING FIVE

CONNECT TO THE UNBREAKABLE LIFELINE

CHOOSE OPTIONAL ICEBREAKER Turn to page 18.

READ KEY THOUGHTS *“Jesus guides us to this place of deep dependence by pruning away the things that compete with him in our hearts. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful” (John 15:2). The dead parts of our life will need to be cut off, but even the fruitful parts will sometimes be cut back. Growth often means being cut. Pruning is a part of growing.” (Kendrick 2024, 165)*

“Pruning is painful, but the results are humility and joy. Soon the truth that ‘apart from him you can do nothing’ no longer sounds like a curse. It sounds like a gift. As our dependence deepens, our connection strengthens, and the fruit of the Spirit begins to grow. Union with Christ is the sacred connection that leads to the fullness of life. The more dependent on him we become, the more we experience his life in us.” (Kendrick 2024, 166)

PLAY VIDEO

READ SCRIPTURE Before discussion, read John 15:1–11 aloud. Invite a few group members to each read a portion.

DISCUSS Choose one or two prompts from each section.

THINK

1. What immediately stands out to you in this text?
2. Read verse 4. What does this verse mean for you and your life?

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3. In verse 11, we learn that the words spoken by Jesus ignite his joy in us and make our joy complete. How do you experience this God-kind-of joy in your everyday life?

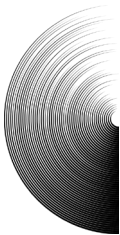
REFLECT

1. When have you experienced God's prompting to remove (or prune) something in your life? How did you respond to this?
2. How has allowing God to prune areas of your life made you live more like Jesus? Consider how your choices, actions, and words have changed. Be specific.
3. What does abiding in Jesus look like in your everyday life? Identify two habits that hinder you from abiding.

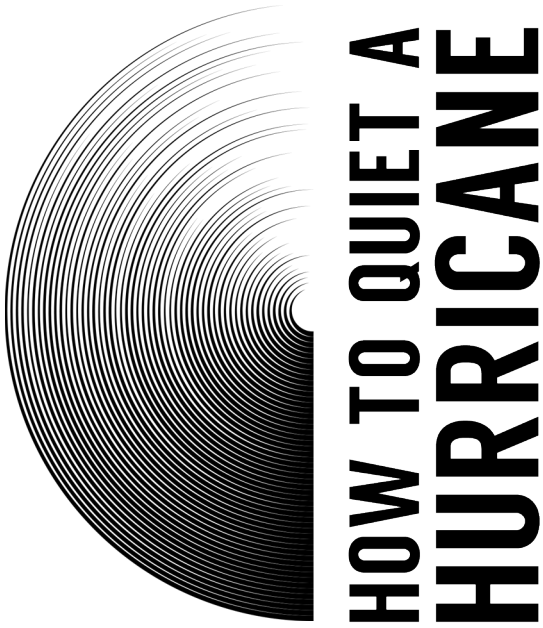
ACT

Break into pairs and pray for one another. Ask God, by his Spirit, to teach you how to simply abide in God and his love for you. Confess any habits or patterns that keep you from abiding. Receive forgiveness. Then, ask for a fresh infilling of God's Spirit.

GOING DEEPER This week, end your day practicing the *Prayer of Examen*.



The Prayer of Examen is a way to discern God's work within your everyday life. Pray this at the end of your day. Follow the prompts on the next page.



THE PRAYER OF EXAMEN

At the end of your day, begin the time of prayerful reflection with one minute of silence. Consider each part of your entire day as you contemplate the daily questions.

DAY 1

Did I live with a thankful heart today, or did I neglect thankfulness?

DAY 2

When did I love well today? When did I not love well today?

DAY 3

Today, did I use my words to build up or tear down?

DAY 4

Did I lean on God's strength today or my own?

DAY 5

When did I display the fruit of the Spirit today? (Galatians 5:22–23)

DAY 6

What part of my day did I feel most alive? When did I feel most drained?

DAY 7

Today, how did I respond to the promptings of God's Spirit?

End by praying through what you discovered in reflection. Then, receive God's love and grace.

GROUP MEETING SIX

LIVE A LIFE OF OVERFLOW

CHOOSE OPTIONAL ICEBREAKER Turn to page 18.

READ KEY THOUGHTS *“According to the New Testament, [God’s] power manifests in us in a variety of ways. Through the Holy Spirit, God gives us power to overcome sinful temptation (Gal. 5:16) and break the stronghold of condemnation in our minds (Rom. 8:1–2). He gives us power to cultivate a life of peace (Rom. 8:6) and experience intimacy with God (2 Cor. 13:14). The Holy Spirit empowers us to share about Christ with boldness (Acts 4:31) and operate in supernatural gifts and miracles (1 Cor. 12:7–10).” (Kendrick 2024, 204)*

“None of our strength can come through self-effort or human will, but supernatural endurance comes to the heart of the one who knows he is greatly loved. Love endures all things (1 Cor. 13:7), and we endure all things as we remain in him.” (Kendrick 2024, 206).

PLAY VIDEO

READ SCRIPTURE Before discussion, read John 7:38–39, Acts 1:8, 1 John 4:13, and Romans 5:5 aloud. Invite a few group members to each read a portion.

DISCUSS Choose one or two prompts from each section.

THINK

1. As you read each text, what does it reveal about the role of the Holy Spirit in our lives?
2. From each text, a few words stick out: *receive*, *know*, *believe*, and *hope*. What does this reveal about our role?

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REFLECT

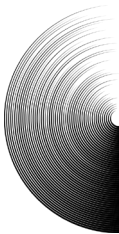
3. In Galatians 5:22–23, we see the fruit of the presence and power of the Holy Spirit in our lives. How have you seen this fruit grow in your life? Where would you like to see more growth?
4. Romans 5:5 says God’s love has been poured out into our hearts through the Holy Spirit. When have you experienced the filling or overflowing knowledge of God’s love for you? When have you doubted God’s love? How did it impact your everyday life?
5. During life's storms, share how you direct your heart back to the demonstrations of God's love for you.

ACT

Close by reading Paul’s prayer in Ephesians 3:14–19. Invite the Holy Spirit to come and pour out in overflowing measure the revelation of God’s great love for each person in the room.

Exercise spiritual gifts as you feel led by God. This may include praying for physical healing or speaking words of comfort, encouragement, and strength over another. Gifts are always exercised with a posture of humility and love – blessing the receiver.

GOING DEEPER This week, read Galatians 5:2–23 and reflect on the fruit of the presence and power of the Holy Spirit in your life.



Connect with another mature follower of Jesus who knows you. Ask the following questions:

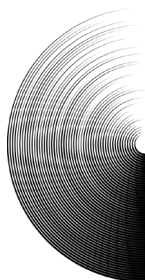
*What fruit of the Holy Spirit do you see in my life?
Where can I grow in the fruit of the Spirit?*

ICEBREAKER QUESTIONS

Choose from the list below or develop your own.

1. The first time I tried to play hooky was...
2. Most significant peer pressure as a teen?
3. How do you handle peer pressure?
4. What is your favorite song?
5. How do you react when people sing "Happy Birthday" to you in a restaurant?
6. Who is your favorite singer?
7. What is your favorite musical instrument?
8. What three things do you believe without any doubts?
9. What was the high point of last week? The low point?
10. What color best describes last week?
11. If I had a million dollars to spend to benefit humanity...
12. The thing that causes me the greatest satisfaction is...
13. Describe an experience when the Holy Spirit has been your comforter.
14. When did you first become aware that God loves you?
15. What are your strongest convictions about God?
16. If you could hear God say one thing to you, what would you want it to be?
17. If you knew God could hear you, what one thing would you most want to say?
18. What single question would you most want God to answer for you if he would?
19. Would you like to be famous? In what way?
20. What would the title be if someone wrote a book about you?
21. In one line, what is life all about?
22. Of all the material possessions you have, what do you enjoy the most?
23. What would it be if someone could give you anything in the world for your birthday?
24. Give three words to describe how you feel right now.
25. What feelings do you have the most trouble expressing?
26. What do you like most about yourself?
27. What can you identify as a turning point in your life?
28. Share a time in your life when you were embarrassed.
29. Share a frightening moment.
30. What would you do if you had a 'magic wand'?

THANK YOU FOR GOING THROUGH THIS “HOW TO QUIET A HURRICANE” GROUP GUIDE.



WHAT'S NEXT?

Don't let your commitment to biblical community end with this group study! Decide your next step and take action.

Will you continue to meet regularly as a group? When? Will you start a new group? When?

**TO CONTINUE THE CONVERSATION, PURCHASE A COPY
OF *HOW TO QUIET A HURRICANE* BY JUSTIN KENDRICK.**



Kendrick, Justin. *How to Quiet a Hurricane*. David C. Cook, 2024.

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