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# TABLE TALK

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## Who then is this?

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### Prepare:

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*As one person lights a candle, the family reads together: (adapted from Psalm 104:5-6)*

C: You set the earth on its foundations

R: It shall never be shaken.

C: You rebuke the waters and they flee,

R: At the sound of your thunder they take flight.

### Read: Mark 4:35-41 (ESV)

35 On that day, when evening had come, he said to them, "Let us go across to the other side." 36 And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. 37 And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. 38 But he 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?" 39 And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. 40 He said to them, "Why are you so afraid? Have you still no faith?" 41 And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

### Reflect

Jesus's rebuke of the storm demonstrates that he is Lord over all creation.

Take a moment to talk about what this passage (Mark 4:35-41) means for you as a family.

*Now share with one another one thing you can do differently as a member of your family.*

### Pray:

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*The head of the household prays:*

Almighty Father, just as you parted the waters at creation and calmed the seas of the flood, your son demonstrated that he too is Lord. Help us to recognize him for who he is, and in faith turn to him in times of fear.

In Jesus's name, amen.