



To cope with chaos, what you know and what you don't know matter!

Week 1: Intro/ Believe that Chaos and Calm Can Co-exist

John 16:33 What has Jesus promised us?

Our ability to choose to be calm is based on what we know and what we don't know.

Week 2: Choose Calm

Mark 4:35-41 Jesus and his disciples encounter a storm on the Sea of Galilee. Filled with fear, the disciples asked Jesus, "Don't you care that we are drowning?" In times of chaos, this may be the question on our hearts, too. Sometimes it looks like God isn't doing anything, and we may assume that he doesn't care. Jesus wants to help us look at life from his perspective.

Week 3: Choose to Connect

John 4:4-30 The Samaritan woman has an unexpected encounter with Jesus. This is the kind of encounter we need! Choose to connect to the One who knows everything about you and yet loves you more than you can comprehend! His love can override our sense of shame or guilt that robs us of peace.

Week 4: Choose Confidence

John 14:27 Jesus wants to give us his peace! In John chapter 14, we'll be looking at promises he has made to us that can help us remain calm and confident in chaos.

Week 5: Choose Courage

Matthew 14:22-33 Jesus walks on water, and Peter is eager to do the same. What can we learn from Peter that will help us face chaos with courage? Why do we not have to be afraid? How do we respond when we fail?

Week 6: Choose Commitment

Luke 10:38-42 and John 12:1-8 Mary chooses to make both knowing Jesus and serving him the first priority of her life. We'll see why the chaos that others are experiencing isn't affecting her.