

Personal Journal Guide - Jesus in Our Storm

Text: Luke 7:1–23

Opening Reflection

Luke 6 ended with a storm.

Luke 7 introduces three people walking through storms of their own:

- a centurion facing sickness
- a widow facing death
- John the Baptist facing discouragement and doubt

As you read, reflect on this question:

What does Jesus do in our storms?

Before You Begin

Take a moment to slow down and pray:

Jesus, meet me honestly in this time.

Help me see You clearly in the middle of my storms.

Give me ears to hear and a heart willing to trust You. Amen.

Read the Passage

Read:

- Luke 7:1–10
- Luke 7:11–17
- Luke 7:18–23

As you read, underline:

- what each person is facing
 - how Jesus responds
 - anything that surprises or encourages you
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Storm #1 — Disease & Desperation

Luke 7:1–10

The centurion had influence, authority, and resources — but none of it could save his servant.

He needed Jesus.

Reflect

- Where do I currently feel helpless or desperate?
- What situation do I wish Jesus would intervene in?
- Is it easy or difficult for me to bring my needs honestly to Jesus? Why?

Journal

Write about an area of your life where you need Jesus to step in.

Storm #2 — Grief & Loss

Luke 7:11–17

This widow had already lost her husband. Now she loses her only son.

Jesus sees her grief before she says anything.

“When the Lord saw her, he had compassion on her.” (v.13)

Reflect

- What losses have shaped me most deeply?
- When have I felt unseen in my pain?
- What does it mean to me that Jesus notices suffering?

Journal

Describe a loss, grief, or disappointment you are still carrying.

Then write:

“Jesus sees me here.”

Storm #3 — Discouragement & Doubt

Luke 7:18–23

John the Baptist had faithfully served Jesus, yet he sat in prison wondering:

“Are You really the One?”

Even faithful people struggle with discouragement.

Reflect

- Have I ever been disappointed with how God handled something?
- What situations make faith difficult for me?
- What doubts or questions am I afraid to say out loud?

Journal

Be honest with Jesus about any confusion, frustration, or discouragement you are carrying.

Sometimes Jesus Intervenes

The centurion asked Jesus for help — and Jesus healed.

The widow didn't ask — and Jesus still intervened.

Reflect

- What do these stories teach me about grace?
- Do I ever feel pressure to “earn” God's help?
- Have I blamed myself when prayers seemed unanswered?

Journal

Write about a time you experienced God's intervention or provision.

Sometimes Jesus Doesn't Change the Situation

John receives encouragement — but not release from prison.

Jesus comforts him, but He does not remove the storm.

Reflect

- What prayer in my life still feels unanswered?
- How do I usually respond when God doesn't do what I hoped?
- What would it look like to trust Jesus even here?

Journal

Write honestly about something you wish God would change.

Then finish this sentence:

“Even if this does not change, I want to trust Jesus by...”

What Jesus Always Does

Jesus Always Listens

Jesus listened to:

- the centurion
- the widow
- John

Reflect

- Where do I feel unheard right now?
- What would change if I truly believed Jesus listens to me?

Journal Prayer

Write a prayer as honestly as you can — without filtering or trying to sound spiritual.

Jesus Is Compassionate

Jesus:

- marveled at the centurion's faith
- had compassion on the widow
- honored John publicly (Luke 7:24-30)

Reflect

- Which picture of Jesus in this chapter impacts me most?
- What do I learn about His character?

Journal

Write down words or phrases describing Jesus from this passage.

Final Reflection

The Christian life is not about pretending storms don't exist.

It is not "bootstrapping" our way through suffering.

The hope of the gospel is that Jesus enters the storm with us.

Sometimes He calms the storm.

Sometimes He strengthens us within it.

But He does not abandon His people.

Final Journal Questions

- Which person in Luke 7 do I relate to most right now?
 - What storm am I currently facing?
 - What is Jesus inviting me to trust Him with?
 - What encouragement do I want to remember from this passage?
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Closing Prayer

Jesus, thank You that You see me, hear me, and care for me.

Teach me to trust You in every storm — whether You change the situation or walk with me through it.

Remind me that I am not alone. Amen.