

An Emergency Stress List Family Activity



In this Sunday's gospel, Jesus walked on water while his followers panicked during a wind storm. The juxtaposition of these two images has left a deep mark in Christian spirituality. It is the times when God seems absent in the face of disaster that he is indeed working his greatest feats.

Whom do we turn to in times of stress? Some people lash out in anger. Others suppress emotion and become self contained. Others pray. To become people in the last category, have your family members create an "Emergency Stress List." Have your family members discuss what they have done when they are stressed or angry. Now have them discuss what they would like to do. Use the discussion as a means to develop the list. Include prayer in the mix. For prayer is a vital ingredient in "grace under fire."