

## Blessing in the Chaos

To all that is chaotic

*in you,  
let there come silence.*

Let there be  
a calming  
of the clamoring,  
a stilling  
of the voices that  
have laid their claim  
on you,  
that have made their  
home in you,

that go with you  
even to the  
holy places  
but will not  
let you rest,  
will not let you  
hear your life  
with wholeness  
or feel the grace  
that fashioned you.

Let what distracts you cease.  
Let what divides you cease.  
Let there come an end  
to what diminishes  
and demeans,  
and let depart  
all that keeps you  
in its cage.

Let there be  
an opening  
into the quiet  
that lies beneath  
the chaos,  
where you find  
the peace  
you did not think  
possible  
and see what shimmers  
within the storm.

By Jan Richardson

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

**1. Share about a time in your life that you felt was “chaotic.”**

(Feeling confused and disorientated)

**2. Tell of an experience when you felt a “calming of the clamoring, a stilling of the voices that have laid their clam on you, that have made their home in you.”**

**3. Share how you have learned to create “an opening into the quiet that lies beneath the chaos, where you find peace you did not think possible...”**

Check out and download more small group storytelling reflections and prompts at:

<http://www.lifesjourney.us/storytelling-in-small-groups-menu/>

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