

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 ¹

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

- 1. Share, reflect, or journal about a time in your life that you felt was “chaotic.”**
(Feeling confused and disoriented)
- 2. Tell, reflect, or journal about an experience when you felt a “calming of the clamoring, a stilling of the voices that have laid their claim on you, that have made their home in you.”**
- 3. Share, reflect, or journal about 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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¹ From her book: *The Cure for Sorrow*; <http://paintedprayerbook.com/2012/01/24/epiphany-4-blessing-in-the-chaos/>