

# SUMMARY

## OF SUNDAY'S MESSAGE

### MARK 4:35-41

*That day when evening came, he said to his disciples, 'Let us go over to the other side.' Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, 'Teacher, don't you care if we drown?' He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm.*

*He said to his disciples, 'Why are you so afraid? Do you still have no faith?' They were terrified and asked each other, 'Who is this? Even the wind and the waves obey him!'*

#### NOTE TO LEADERS:

The key objectives this week are to remind ourselves that just as Jesus calmed the storm on the lake, He also calms the storms in our lives; and identify practical tools and Scriptures that can help us to appropriate this truth.

### START TALKING

1. What stood out to you from Sunday's message?
2. As a child, did you like storms? If not, what made you feel better in them?

### START THINKING

Read Mark 4:35-41

1. Why do you think the disciples awakened Jesus? Discuss what you think they might have expected from Him.
2. Discuss why the disciples were still "terrified" even after Jesus calmed the storm.

### START SHARING

1. In what ways can you identify with the fearful disciples? Are there areas in your life where you are fearful of being engulfed by the storm?
2. How has God proven himself faithful to you during a difficult time? Do you have a story to share about this?
3. In Mark 5:41, the disciples ask: "Who is this? Even the wind and the waves obey him!" Tell us about a time that God enlarged your view of His sovereignty by a display of His power.

### START PRAYING

Thank you, Jesus, that we don't have to face life's storms alone because You are always with us. Open our eyes to the circumstances where we need to let You help us, guide us and change us. Please come into our storms and give us peace.

### START DOING

Steve shared several Scriptures that help teach us how to deal with fear, and that remind us of the sovereignty of God over our circumstances. Pick one of these scriptures and inscribe it on your heart. Quote that Scripture during the next week when you feel fear or anxiety arise.

# SUMMARY

## OF SUNDAY'S MESSAGE

This Sunday, Steve shared a word in season from Mark, chapter 4. At a time when the world has been turned upside down with the Coronavirus pandemic and the resulting economic turmoil, it's quite understandable that most of us will experience some form of internal pressure. And so often, in situations like this, we become the worst versions of ourselves.

But as followers of Christ, we are in a privileged position where we can look to Jesus' example on how to deal with the pressure of life's storms.

In Mark 4:35-41, we read the story of how Jesus calms the storm. Jesus and the disciples were on the Sea of Galilee when a violent and unexpected storm broke out. The disciples were seasoned fishermen who had spent their lives fishing on this lake. When the storm broke out, the disciples panicked because the storm threatened to destroy them all and Jesus seemed unaware and unconcerned.

This story is both inspiring and challenging. First, we take a look at Jesus's action: We know that He was in the boat, with them, but Mark goes to great lengths to tell us that *"Jesus was in the stern, sleeping a cushion."* (v38). The disciples were terrified by the storm that threatened to swamp the boat. They wake Jesus up and say to Him, *"Teacher, don't you care...?"* (v38).

Jesus stands up and rebukes the wind and the waves, telling them *"Quiet, be still"* (v39), and then He asks the disciples: *"Why are you so afraid? Do you still have no faith?"* (v40).

This is a really challenging question. As the storms of life come our way – just like we're experiencing on a global level currently – Jesus is still the same. He is the same Jesus now as He was all those years ago. There is so much we can learn from this story.

### How to keep our heads when the world is losing its mind

#### 1. Don't panic

This is the consistent theme of the Bible. When Paul writes to Timothy, he says: *"But you, keep your head in all situations..."* (2 Timothy 4:5). In other words, when the sun is shining, and all is good, keep your head; and when the world loses its mind, keep your head! No matter what the circumstances are about us, we should keep our heads.

Paul also tells Timothy, *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.* 2 Timothy 1:7 (NLT). So any time in life that we feel fear, we can immediately tell that it is not from God because His Word says He has not given us a spirit of fear! We have the grace of God to control thoughts of fear and panic.

Furthermore, 1 John 4:18 tells us that *perfect love* (God's love)

*drives out fear.* From God's view, the things that cause our fears are insignificant!

#### 2. Receive the gift of peace

- Isaiah calls Jesus the *Prince of Peace* (Isaiah 9:6)
- Paul refers to Him as *The God of peace* (Philippians 4:9)

The Prince of Peace wants to bring peace to our minds and into our circumstances. When writing about the gift of Peace, Paul puts it like this: *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* Philippians 4:7.

The Prince of peace was in the boat with the disciples, and they had no idea. The Prince is in the "boat" (our circumstances) with us, but we also don't always notice Him. We look at our storm (circumstances) and think we're going to drown. We forget that the Prince of Peace is with us.

The way Jesus quietened that storm on the lake, He also wants to quieten the storms in our hearts and bring us peace. It's up to each one of us whether we receive that gift of peace from Him or not.

#### 3. Have a high view of God's sovereignty

When the Bible says that God is sovereign, it means that He rules and reigns over everything! In Mark 4:39, we read that He got up, rebuked the wind and said to the waves, *'Quiet! Be still!'* Then the wind died down and it was completely calm. He's in ultimate control over the world. When we forget this and have a low view of the sovereignty of God, then the 'storms' have a far greater noise in our minds and hearts. But when our view of Him is high, it completely changes our view of our current circumstances.

The Bible tells us that:

- He ordained the day of our birth
- Every day of our existence was known by Him long before we came into being
- He has ordained our final day, and we will not die one day earlier!

He is in ultimate control of the universe. He always has been, and He always will be. He reigns.

#### 4. Don't take off your "eternity spectacles"!

God has given us a lens that reminds us that our citizenship is in heaven. Philippians 3:20. We don't ignore what is happening around us now, but we should never lose sight of what waits for us in eternity.

Let us live as people with a sharp focus on Jesus that enables us to live through the storms with a certainty that God is with us in the storm!