

## PERSONAL APPLICATION

- What is the biggest source of stress in your life at this time? Are there any steps you can take to remove or mitigate this source of stress? What can you do this week to help you release your anxiety to Jesus?
- Do you know anyone else who is currently going through a storm? What can you do to help them this week?
- Do you feel like Jesus is asleep or unaware of any areas of stress in your life at this time? What can you do to get Jesus involved in this area of your life?

## PRAYER

- Take time to list all the areas of stress in your life. Ask Jesus for His direction and help in each of these areas.
- Ask God to help anyone you know is in a storm in their lives. Ask God to show you how he might use you to help them.
- If there are any areas of your life where you feel like Jesus is asleep in your boat, take time to reach out to him. Confess those areas to him and ask him for his help and his wisdom, and faith to trust him in the storm.

## NOTES

---

---

---

---

---



### Week 3: The Storm

## CONNECT

- Have you ever been in a natural disaster? What happened?
- Who in your family is calm when the storms of life hit? How do they do it?

## WORD

### Mark 4:35–41 (NIV)

<sup>35</sup>That day when evening came, he said to his disciples, *“Let us go over to the other side.”* <sup>36</sup>Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. <sup>37</sup>A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. <sup>38</sup>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?” <sup>39</sup>He got up, rebuked the wind and said to the waves, *“Quiet! Be still!”* Then the wind died down and it was completely calm. <sup>40</sup>He said to his disciples, *“Why are you so afraid? Do you still have no faith?”* <sup>41</sup>They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

## THOUGHT

All of us will face storms in life. Not just stormy weather, but the kinds of storms that affect our souls, our emotions, relationships, self-worth, and well-being. Sometimes these storms are caused by our actions, our choices, our sins, our mistakes. Other times they are caused by the actions, sins, choices of others. Sometimes they are simply the results of circumstances beyond our control or the control of others. Whatever the cause, these storms can cause fear, discouragement, and real damage in our lives.

In this Bible Study we will take a look at a story of Jesus and his disciples in the midst of a storm – a very big storm which hit when they were in the middle of Lake Tiberias (the Sea of Galilee). In the middle of the storm the disciples panicked. Full of fear, they sensed impending doom and cried out to Jesus. Let's see what we can learn from their experience.

### 1. If you had been one of the disciples when the boat was about to sink, what would you have done?

- ☐ *Jumped overboard*
  - ☐ *Screamed for help*
  - ☐ *Started bailing water*
  - ☐ *Taken command*
  - ☐ *Woke Jesus up*
- 

### 2. What do you think the tone of Jesus' voice was when he asked, "Do you still have no faith?"

- ☐ *Scolding*
  - ☐ *Compassion*
  - ☐ *Disappointment*
  - ☐ *Other* \_\_\_\_\_
- 

### 3. Which would you have been more afraid of, Jesus or the storm?

### 4. What brings on most of the 'storms' in your life?

- ☐ *Pressures at work*
  - ☐ *Family problems*
  - ☐ *Hassles in relationships*
  - ☐ *Financial difficulties*
  - ☐ *Health problems*
  - ☐ *Worry about the future*
  - ☐ *Feelings of failure*
  - ☐ *Other* \_\_\_\_\_
- 

### 5. What is the worst personal 'storm' you have ever faced?

---

### 6. What do you do when 'storms' come up in your life?

- ☐ *Turn to a person I can trust?*
  - ☐ *Withdraw into myself*
  - ☐ *Turn to God*
  - ☐ *Get touchy and irritable*
  - ☐ *Take charge of things*
  - ☐ *Act like nothing is wrong*
  - ☐ *Panic*
  - ☐ *Other* \_\_\_\_\_
- 

### 7. How would you describe your life at this time?

- ☐ *Smooth sailing*
  - ☐ *Storm is on the horizon*
  - ☐ *In the middle of a storm*
  - ☐ *Sinking fast*
  - ☐ *Recovering from a storm*
- 

### 8. How do you react when Jesus seems to be asleep during a storm in your life?