

Who Calms Your Storms?

Mark 4:35-41

Lesson 6

Exploring Faith Bible Study Series

Lesson Purpose:

The purpose of this lesson is to address the storms in our lives, not storms caused by the weather, but storms caused by hurts, choices, and the actions of others. After establishing such storms exist the group time will be spent studying the Word to see how Jesus is not only bigger than any of our storms, but He is interested in helping us through those storms. The group time will end with a period of reflection and an opportunity for members to take steps to follow Jesus in deeper and more meaningful ways.

Ice Breaker:

Invite the group to think for a moment about this question: What is the worst storm you have ever experienced? Ask group members to share their responses.

Life Connections:

Use these questions to help your group members to begin to open up with one another and to think about their own lives. The answers to these questions need not be spiritual in nature. The intention is for practical real life responses.

- 1) If hard things in life could be thought of as storms, what is the most recent storm you have faced? I lost my job; divorce; accident.
- 2) How did you get through it? Friends and family; I prayed; support group.
- 3) We have learned from parents, teachers, and friends how to deal with storms, what have they taught you and have they made a difference? To grin and bear it; not to talk about it; to find a support network to help me.
- 4) During this trying time in your life was there someone around who had the ability to calm your fears, change the situation, or help you out of the storm? My family; my best friend; my counselor; a pastor.
- 5) Was there anyone who could have helped you and didn't? My family; my best friend; the person who caused the problem.
- 6) How did you feel about that person? Angry; abandoned; confused about why they wouldn't help me.

Scripture's Answers: Mark 4:35-41

In this section the Life Connection questions are now related to the passage of Scripture being used in this Bible Study. The answers to the following questions should come from the text as well as out of the individual's hearing and understanding of what they have heard read.

Have a member of the group read the Scripture passage aloud for all to hear. Make sure extra Bibles are available so everyone can follow along.

Introduction:

Jesus has been teaching the crowds and performing miracles and the disciples have been watching it all. Although they have been witnesses to Jesus' great words and deeds, according to Mark, they still don't get it. They believe, but how much they believe or what they believe is not absolutely clear.

Jesus and His disciples have had a busy day. Jesus is tired from all the teaching He has done and falls asleep in the boat. A storm on the Sea of Galilee was nothing new to Jesus' disciples. They were fishermen so they were accustomed to the wind and the waves. This night was different. The storm was fierce, the waves were high and their fear was great. They learned a very important lesson in the face of the storm—to trust Jesus.

7) How would you feel if you were frantically bailing water and someone was asleep in the boat? Angry; superior; afraid.

Teaching Time:

Say to your group: "Why do you think Jesus was sleeping in the boat? Do you think it had anything to do with the fact that He knew there was nothing to fear? He knew the wind and the waves were not a big deal, a little bit frightening, maybe, but not life threatening. He knew He could say the word and they would settle down. He was going to sleep right through the storm. Why? Because He knew there was nothing to be afraid of. That is what it is like when we live our lives with Jesus in our boat. Being a Christian doesn't mean that there won't be wind and waves, but it means that with Jesus with us, we won't be destroyed by those storms. He can be the peace in our lives who makes those storms settle down. He can be the protection we need to make it through them."

8) What did the disciples have to fear? The boat capsizing; drowning; the wind and waves.

9) What does the Bible tell us the disciples did about the storm? They woke Jesus up.

10) Have you ever gone to God when you have been experiencing a storm in your life? Did it make a difference? Yes, it made a big difference, I felt such peace; no, I never thought about doing that; yes, but it didn't seem to help my situation.

11) What does Jesus do when the disciples come to Him? He yelled at them; He calmed the storm; He was able to ease their fears.

Reflection:

Invite the group to take a moment to reflect silently on the questions you are going to ask. These questions can be answered or you may choose to allow the members of the group to think about them.

12) When you have felt like the wind of life is about to blow you away, or the rains of disappointment are soaking your plans, what do you do?

13) What brings peace into your life?

Optional Activity Time:

As a way to make the reflection more meaningful in the lives of group members there are two activities to engage in. First, give the group time to write the answers to the reflection questions in a journal they can keep throughout the study time and the week to come. Second, send each group member home with these questions to think about and write about in a journal during the week. When the group gathers together the next time, break the group up into smaller groups and give them the opportunity to share what they have been thinking about since they last met.

Teaching Time:

Say to your group: "Although Jesus was right and the disciples' faith was small, what they did was the right thing to do. When they were unsure, when they were afraid, when the storm blew up and threatened them, they went to Jesus.

"We too can go to Jesus when we are surrounded by wind and waves. Let Jesus be the one to stop the wind in your life. Let Jesus be the one to take away your disappointments. Let Jesus be the one to still the waves of fear. Let him be the peace in your life.

"The peace He offers is not like the easy solutions the world offers us in our times of hurting and fear. The peace He offers is real. We will still face storms because they are apart of life. There are times when Jesus will stop the storm completely and other times when He will help us to survive the storms in our lives. Jesus is the great storm stopper and He wants to help you through the difficult experiences in your life."

Conclusion:

Take time to pray together before the group leaves. Allow group members to share insights and ask questions they may have.

Possible Prayer:

Dear Jesus,

You are so good to us. When we face life's storms, thank You for being beside us and giving us peace. Sometimes we don't know what to do when we face these difficult times in our lives. How good to know You are waiting for us to come to You. We don't want to face these storms alone. Lord Jesus, will You come and live in our hearts? Open our eyes to the places where we need to let You help us, guide us and change us. We need You. We love You. We long to live our lives in relationship with You. Come into our storms and give us the peace we need to live each day.

Amen.