

Calm in the Storm

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☛☛ *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.* ☛☛

—Matthew 11:28-30

The Main Thing: Jesus is inviting us to trust him and experience the peace that he brings as the Lord of all.

☛☛ *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!"* ☛☛

—Mark 4:35-41

A Few Key Points...

1. We Turn from Fear. (v. 40)

☛☛ *And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. There is no fear in love. But perfect love drives out fear, because fear has to do with*

punishment. The one who fears is not made perfect in love. ▮▮

—1 John 4:16-18

▮▮ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. ▮▮

—John 14:27

▮▮ Rejoice in the Lord always. I will say it again: Rejoice! ▮▮

—Philippians 4:4

▮▮ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. ▮▮

—Colossians 3:15-17

The Rise of Christianity: How the Obscure, Marginal Jesus Movement Became the Dominant Religious Force in the Western World in a Few Centuries - Rodney Stark

2. We Turn to Faith. (v. 40)

Family Discussion Questions:

- Read Philippians 4:4-7 and Colossians 3:15-17. Have each person name one way they can move from fear to trust/faith in God?
- Have each person use 2-3 words to describe who Jesus is to them
- Name ways that God helps you when you are afraid

Family Prayer ideas:

- Thanksgiving prayers: Spend some time just thanking God for how He has provided, His character, ways you have seen Him work, etc.
- Have each person share one fear they are currently experiencing. Take turns praying over each person.

- Pray Philippians 4:4-7 over each person

Week Memory Verse Challenge:

“Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:4-7