SO WHAT

- Before meeting Jesus, what is your usual response to hardships? Now that you are in Christ, how did this change?
- What various emotions did the disciples display while in the boat? How can you identify with these feelings?
- How was the disciples' fear during the storm different from their fear after Jesus calmed the storm (v. 41)?

NOW WHAT

- How do you react to Jesus when He seems to be asleep during the storms in your life? How can you strengthen your faith in Him all the more?
- Knowing that God cares for His people, how will you change the way you see or treat those that are going through hardships in life?
- What do you think is Jesus teaching His disciples in this incident? In the same manner, what is Jesus telling us today?

PRAYER

- Ask the Lord to strengthen the faith of your group members who could be in situations that make them feel afraid, worried, and anxious. Stand with them for breakthrough.
- Pray for strength and faith to overcome the storms you are facing now and that God will be glorified in these situations.
- Whenever we are afraid, let us claim the promises of God in His Word (Exodus 14:13; Deuteronomy 31:6; Psalm 23:4; 27:1; 56:3,4; Isaiah 41:13; John 14:27; 2 Timothy 1:7; Hebrews 13:5,6).



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WEEK 2

Why are You so Afraid?



NOTES

CONNECT

- What is the most terrifying experience you can remember? How did you get over it?
- What is the most challenging crisis that you have overcome lately? What lesson did you learn from it?
- Which insect or animal are you most afraid of? Why?

WORD

³⁹He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. ⁴⁰He said to his disciples, "Why are you so afraid? Do you still have no faith?" ⁴¹They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!" MARK 4:39-41 (ALSO READ THE PREVIOUS VERSES, MARK 4:35-38.)

WHAT

Lake Galilee is a very large lake and there are often storms on the lake. Most of our Lord's disciples were used to being on the lake at night because they were fishermen. But the super strong storm terrified them and what Jesus did changed their lives and strengthened their faith in Him. What truths can we learn from this?

Everyone will face storms in life.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." JOHN 16:33

Everybody will face storms in life, in all aspects. The storm the disciples faced was strong enough to sink their boat, but the greater storm that night was not on the lake, but in their hearts. The storm triggered their doubt and threatened to drown their faith in God. When faced with trials, what are the common reactions of people? How should we respond to trials?

2

Jesus cares for His followers whenever they face the storms of life.

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. MARK 4:39

One character trait of Jesus is that He is compassionate and He can very well identify with our earthly troubles (Hebrews 4:15; 1 Peter 5:7). The disciples may have thought that Jesus did not care about their predicament, but He never left them during the storm, and He eventually calmed the turbulence. When we are afraid and worried despite God's promised presence, what does this show about our faith in Him?

3 Jesus wants us to exercise our faith when we face the storms of life.

He said to his disciples, "Why are you so afraid? Do you still have no faith?" MARK 4:40

Prior to the storm, Jesus said to his disciples, "Let us go over to the other side of the lake" (Mark 4:35). Jesus promised a safe arrival and the disciples could have chosen to trust in that promise despite the storm. When we are afraid or worried, why can we trust in the promises of God to save us, to never leave or forsake us?