

## **A Soul Café verse by verse teaching through the Gospel of Mark**

### **Message 8: Staying safe when you are sailing through a storm**

#### **Passage: Mark 4: 35-41**

Intro:

Do you realize that Jesus sleeps through storms?

Why? He knows the outcome.

If Jesus is in the boat, who needs to fear the storm?

*Mark 4: 35-36*

After a long day of ministering to people, Jesus was e\_\_\_\_\_.

He had healed a demonically possessed man.

He had preached several times.

He had to deal with the opposition of His enemies.

Jesus needed rest. He needed to sleep. You are made in His image, so rest is an essential component for your well-being.

You need to unplug. You need some quiet. The strain of suffering has drained you, and your emotional tank needs to be recharged.

*Mark 4: 37-38*

I) A f\_\_\_\_\_ Storm

The Sea of Galilee is in the north of the Jordon Valley-about 13 miles in length and 7 and a half miles wide. It lies 680 feet below the Mediterranean Sea. It is a depression surrounded by hills, especially on the east side.

When the cool currents rush down from Mt Herman (9200 ft high) through the narrow passages between the steep hills and collide with the warm air above the lake basin there is a tremendous down rush.

Winds whip the Sea into a fury, beating the water into an uncontrollable wildness, causing high waves and easily water-logging fishing boats.

II) F\_\_\_\_\_ outcry

They do not wake up Jesus to still the storm but to cry out as to His i\_\_\_\_\_ that they are about to go down with the ship.

Read Psalm 65: 5-7; 89:9; 107: 23-31.

Jesus is Lord over every problem you are going through.

Jesus is Lord over your finances, your body, your future, your relationships, your dreams, your ambitions, your family - nothing is out from under his rule and reign!

When you are down, Jesus is still there.

When you are discouraged, Jesus is right beside you.

When you have lost something you depended upon, Jesus is the Restorer.

When you feel that no one understands, Jesus is listening with love and compassion.

Trust Jesus.

Tell Him what you feel.

Take His Word as truth.

He has you no matter how hard things get.

Mark 4: 39

III) F\_\_\_\_\_ of power

“Hush” comes from the same Greek word that Jesus used earlier when he commanded a demon to “be quiet and come out of him.” Mark 1: 25

Mark 4: 40-41

IV) F\_\_\_\_\_ that fails

Jesus says, “Not why “were” you afraid but why “are” you f\_\_\_\_\_?”

P\_\_\_\_\_ is always greater than problems.

A storm with Christ is far better than a calm without Him.

### **Application:**

How is the depth of your faith? Is it only good for times of favor and blessing or will it get you through the most severe storm hell may throw at you?

Faith deepens from going through tough times.

Let the storm drive you into the depths of God’s love rather than separate you from the loving arms of a faithful Father.

## **SMALL GROUP LESSON**

### **LOOK BACK:**

Describe a time you went through a storm in life and how you saw the hand of God in it and through it.

### **LOOK UP:**

**One:** Why is it so hard to trust God when you cannot see how He is working?

**Two:** What steps can you take when storms surge against you so that your faith stays strong in the chaos?

**Three:** People around you, including your family, watch how you, as a Christ follower, handle loss, rejection, failure, setbacks, and pain. You can be honest and say, "This hurts. That stung. This is painful." It is the words and actions, and reactions that follow those admissions that show people whether your faith is real. How do you show the reality of God in desperate struggling times?

### **LOOK FORWARD:**

Ask the Lord to give you the name of someone going through a challenge in life. Ask them if you could share a time you went through a storm and how your faith got you through it. Then pass on The Three Circles story and walk them through it. See FBCDE app.