

Do Not be Afraid



PRAYER FOR THE WEEK

Dear Lord,

In this life there will be storms.

Storms that will cause our world to rock and shake.

Storms that make us feel like we are sinking.

Teach me to trust in you so that when the
unexpected storms of life come,

I will expect peace in the midst of those storms,
knowing that you are near, you hear my cries, and
you are with me and for me.

Lord, bring peace and calm to the storms I am
facing or may face in the future.

Remind us all that you are with us and that you
control the waters.

We make this prayer through Christ our Lord.
Amen.

WORD OF THE WEEK

MARK 4: 35-41

With the coming evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on a cushion, asleep. They woke him and said to him, "Master, do you not care? We are going down!" And he woke up and rebuked the wind and said to the sea, "Quiet now! Be calm!" And the wind dropped, and all was calm again. Then he said to them, "Why are you so frightened? How is it that you have no faith?" They were filled with awe and said to one another, "Who can this be? Even the wind and the sea obey him."

**DON'T TELL GOD HOW BIG YOUR STORM IS
TELL THE STORM HOW BIG YOUR GOD IS.**



The Storms of Life

Often we face times in our lives that feel like we are in the middle of a storm. Can you think of a time when you have felt like this?

It can also feel like we are alone and that there is no one there to help us.

Sometimes it might feel that Jesus is sleeping and not there to help us when facing difficulty.

When times are stormy do we ask Jesus for his help?

Jesus will do what Jesus always does, he will help us see and know how to let God's love, light and life into us, which will help us calm the waves which we can feel inside at times.

We don't have control over everything in our lives but we can work on how we deal with any difficulties. Sometimes we have to trust and have faith that God is there with us to help us and we do not need to be afraid.



Calming the Storms

Where do you see the peace of God in your life?
What things, hobbies, activities, or people bring joy, goodness, calm, and peace into your life?
What brings you calm and peace when you feel stressed or busy or anxious or under pressure?



"When I am
afraid, I put
my trust in
you."

Psalm 56: 3

Jesus Calms the Storm.

We have the benefit of knowing how the story of Jesus' calming the storm ends. But imagine the disciples' amazement when the raging waves instantly became calm. Even today, with our advanced technology, we don't have any control over the weather.

The disciples had seen Jesus heal people, but never before had he done anything of this magnitude.

Jesus seemed surprised though that the disciples' faith was so weak. After all they had seen, they hadn't fully grasped who Jesus was or what he was capable of. But now they had seen something so powerful, so awesome, that they were in awe and even terrified to think about who Jesus really was.

What do you think the disciples were most afraid of?

How did Jesus calm the storm?

How did Jesus calm the fears of the disciples during the storm?

What fears do you have? Can Jesus calm your fears?

How do you think he does that?

Jesus never promised us that we will never see a storm in life, but what he has promised is that he will be with us in those storms. He will never leave us alone in the midst of trouble. In our story today, with one quick word from him the storm and the sea became calm. If Jesus can calm the storms of the sea with one word, we can be assured that he can calm the storms in our lives as well.

"Sometimes God calms the storm... Sometimes He lets the storm rage and calms His child."

The phrase

"do not be afraid"
is written in the Bible
365 times. That's a daily
reminder from God to live
every day being fearless ♥



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Calms the Storm (Mark 4:35-41)
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