



*Calming the Storms of Life*  
*Mark 4:35-41*

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**How to be Calm in the Storms of Life**

*Philippians 4:6-7*

1. \_\_\_\_\_ Storms Will Come

*John 16:33*

2. \_\_\_\_\_ His Help

*Mark 4:35-41*

*<sup>35</sup>That evening Jesus said to his disciples, "Let's cross to the east side." <sup>36</sup>So they left the crowd, and his disciples started across the lake with him in the boat. Some other boats followed along.*

*<sup>37</sup>Suddenly a windstorm struck the lake. Waves started splashing into the boat, and it was about to sink. <sup>38</sup>Jesus was in the back of the boat with his head on a pillow, and he was asleep. His disciples woke him and said, "Teacher, don't you care that we're about to drown?" <sup>39</sup>Jesus got up and ordered the wind and the waves to be quiet. The wind stopped, and everything was calm. <sup>40</sup>Jesus asked his disciples, "Why were you afraid? Don't you have any faith?"*

*<sup>41</sup>Now they were more afraid than ever and said to each other, "Who is this? Even the wind and the waves obey him!" NIV*

3. \_\_\_\_\_ His Peace

**Key Truth: Our thoughts and relationships will determine the reality of peace.**

*Philippians 4:8-9*

**Key Question: Do you know the peace speaker personally?**