

Calming the Storms of Life

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Mark 4:35-41

³⁵Late that day he said to them, "Let's go across to the other side." ³⁶They took him in the boat as he was. Other boats came along. ³⁷A huge storm came up. Waves poured into the boat, threatening to sink it. ³⁸And Jesus was in the stern, head on a pillow, sleeping! They roused him, saying, "Teacher, is it nothing to you that we're going down?" ³⁹Awake now, he told the wind to pipe down and said to the sea, "Quiet! Settle down!" The wind ran out of breath; the sea became smooth as glass. ⁴⁰Jesus reprimanded the disciples: "Why are you such cowards? Don't you have any faith at all?" ⁴¹They were in absolute awe, staggered. "Who is this, anyway?" they asked. "Wind and sea at his beck and call!"

How to be Calm in the Storms of Life

Philippians 4:6-7

1. _____ Storms Will Come.

John 16:33

2. _____ Request His Help.

3. _____ Receive 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?

