Rough Waters | July 30, 2023

Summary

How do you respond to life's storms—with worry, anxiety or faith? The disciples' initial reaction was worry and panic, but when they turned to Jesus for help, He demonstrated His power over creation by calming the storm. When we place our faith in God during difficult times, He can bring hope and healing.

Scripture

So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?" - Mark 4:36-38 (NLT)

One day Jesus said to his disciples, "Let's cross to the other side of the lake." So they got into a boat and started out. As they sailed across, Jesus settled down for a nap. But soon a fierce storm came down on the lake. The boat was filling with water, and they were in real danger. The disciples went and woke him up, shouting, "Master, Master, we're going to drown!" When Jesus woke up, he rebuked the wind and the raging waves. Suddenly the storm stopped and all was calm. Then he asked them, "Where is your faith?" The disciples were terrified and amazed. "Who is this man?" they asked each other. "When he gives a command, even the wind and waves obey him!" -Luke 8:22-25 (NLT)

Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you." So we can say with confidence, "The Lord is my helper, so I will have no fear. What can mere people do to me?" -Hebrews 13:5-6 (NLT)

Let's Start

Have you ever been caught in a bad storm? Explain.

Gratitude and Prayer

How has God worked in your life since the last time we were together?

Let's Talk

- 1. Have you ever experienced a significant challenge in your life that caught you unaware? How did you initially respond to it—with worry, anxiety or faith?
- 2. Where do you typically turn for help and support in difficult times? Do you tend to seek God's guidance first or do other things take priority?
- 3. In the sermon, Pastor Brian defined both worry and anxiety. "Worry is an emotion focused on an actual threat or danger. Anxiety is an emotion experienced in the face of a perceived threat or danger." Do you struggle with worry and anxiety? How can we actively replace worry and anxiety with faith in God's promises during challenging times?
- 4. Pastor Brian said storms can be opportunities for spiritual growth and dependence on God. Can you recall a time when a difficult situation brought you closer to God or increased your faith?
- 5. Pastor Brian shared about the Family Resource Initiative and the re|engage ministry as examples of how Wooddale can support and encourage individuals during tough seasons and share Christ's love. Are there any other resources or support systems you can recommend for people facing storms in life?

Let's Act

Who can you invite to a Family Resource Initiative event? See familyresource.info for more information.	