

Life Application Notes: Jesus Talks 3 – Mark 4:35-41

“Peace, be still”

Introduction

So far through Mark we have seen the power and authority of Jesus in the healing of the paralysed man, and we have looked at how we can grow to be more like Jesus, growing in fruitfulness. To kick off this week have a think about the question below!

Have you ever been on an airplane during heavy turbulence? Or have you been at the top of rollercoaster about to drop? If so, what went through your mind? Was your reaction rational?

How do you go about removing fear? Fear sticks with us, and our response to fear can be damaging – either through inaction or the incorrect action. In this passage we see that Jesus has the best response to fear!

Digging In

Read Mark 4:35-41

“A furious squall came up, and the waves broke over the boat, so that it was nearly swamped”

Storms like these were a regular occurrence on the sea of Galilee – and many of the disciples were experienced fishermen.

“Teacher, don’t you care if we drown?”

In the midst of the storm the disciples are quick to forget about everything except the storm around them.

- *What do you think that the disciples were expecting Jesus to do? – Help them empty the water from the boat? Help them row ashore?*

“Quiet! Be still!”

Jesus goes straight to the root of the problem.

- *What is our natural immediate response to a fearful situation?*
- *Looking back at the miracles of Jesus so far in Mark – what do you notice about the way Jesus speaks when doing miracles?*

Jesus doesn’t ask God to calm the storm – nature obeys Jesus. Here Jesus displays his power and authority over creation.

“Why are you so afraid? Do you still have no faith?”

Having seen the miracles of Jesus so far in his ministry, the disciples are still learning to trust in Jesus’s power and authority. Jesus rebukes both the waves and the disciples. The word ‘rebuke’ indicates that they are doing something they shouldn’t be doing.

- *Are there times when we are afraid of things we shouldn’t be?*

With Jesus on our side all fear has a level of irrationality to it. Those who fear Jesus don’t need to fear anything else!

“They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!””

The disciples are more afraid of Jesus than the storm!

- *Are you fearful of God? Why? Why not?*

There is an appropriate level of fear and reverence to have towards Jesus. (See Proverbs 9:10, Psalm 130:4)

- *The passages link fear of God to wisdom – why do you think this is?*

The bible shows us that Jesus is both mighty and tender, powerful and loving (C.S. Lewis describes Aslan in the Narnia books in a similar way! “Not a tame lion...”)

- *How does our fear of God work alongside our knowledge that God is love?*
- *How does our fear of God change the way we view his commands?*

Remember the power of Jesus and remember that Jesus is with us! (Romans 8:31 – who can be against us?)

Rounding Off

In difficult or stressful situations it is all too easy to forget that we worship a powerful God - the creator of the universe!

There are two typical outcomes when we cry out to God:

- Sometimes he’ll look at the storm and say peace be still.
- Sometimes he’ll look at you and say - why are you afraid?

Remember - Jesus is in our boat! It is okay to go to him and ask for help when we are scared.

PRAY TOGETHER

- *For increased faith and trust in Jesus, even when in difficult circumstances.*
- *That we can show those around us a better response to fear – we have a great God!*
- *Pray into any personal situations – particularly those where fear seems to be all consuming. God is greater!*