



Peace, Be Still - Week 2 DISCUSSION GUIDE

OVERVIEW

In this series, we are looking at a number of people of faith who navigated life's storms. As we study the Disciples and their encounter with Jesus in a storm, you will gain practical tools to help navigate the storms in your life.

DISCUSSION

- Share some different ways you prepare for a storm.

Mark 4:35-39: *On the same day, when evening had come, He said to them, "Let us cross over to the other side." Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?" Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm.*

Storms are inevitable, but when we turn to Jesus, He can build our faith and calm the storms in our lives. Here are **Three Things to Remember in a Storm:**

1. Remember **God knew** you were going to experience this storm.

God knew before you were born what was going to be happening during this season in your life. **Verse 35:** *On the same day, when evening had come, He said to them, "Let us cross over to the other side."* The trip was Jesus' idea, and being the Son of God, God in the flesh, certainly He knew that a storm was coming. It was Jesus' idea. So, we could conclude that the Disciples were in the storm—not because they were out of the will of God, but they were in the storm because they were in the will of God, for they were following the direction of Jesus. There's no storm that takes Jesus by surprise and that He won't use for your good and His glory.

Three Sources Of Storms:

- a. Our Own Poor Decisions.
- b. Others Or The Enemy.
- c. God Allows The Storms.

- How does the understanding that God knew about the storm before it occurred impact your perspective on navigating difficult situations in life?
- Reflecting on the three sources of storms mentioned, which source do you find most challenging to get through during times of adversity, and why?

2. Remember you are in the storm with His presence.

Psalm 23:4: *Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.* In God's presence, there's peace. And because God is always with us, we can have peace in every circumstance.

- Looking at how God's rod and staff will guide and comfort in Psalm 23:4, how have you experienced His guidance and comfort in a storm?
- What are some ways we can experience the presence of God?

3. Remember God is working His purposes in you through this storm.

God does something in us in the storms that He couldn't do any other way. Storms draw things out of us that calm seas never will. Through storms, God can set us free from the things that are our biggest strongholds. He miraculously calms the storms, but at the same time, He does a miracle in our hearts.

1 Peter 1:6-7: *In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.*

If we never had any trouble, if our faith was never tested, we wouldn't know our faith was real. Trouble comes to humble us, to wean us from carnal things, to turn our eyes to heaven, to divulge what we really cling to. Trouble enables us to help others. Trouble develops resilient strength in our character, and trouble often corrects us for our sin. It serves a purpose...to grow us and make us more like Christ.

- How can you remind yourself of God's purpose and presence during difficult times?
- Give an example of God's purpose from one of your past trials.

LIFE CHALLENGE

Be still and know that He is God. No matter what happens, keep trusting God. Take some time to talk to God about the storm you're currently facing, and ask Him what your part is to play in this storm.

PRAY TOGETHER