

“Fear Of Life's Storms”

²³Then he got into the boat and his disciples followed him. ²⁴Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. ²⁵The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

²⁶He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

²⁷The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!" - Matthew 8:23-27 NIV

Seismos—a quake, a trembling eruption of sea and sky. “A great seismos arose on the lake.” (see Matt. 27:51–54, 28:2)

- Following Jesus does not assure smooth sailing.
- The storms in our lives can come up very quickly.
- When this happens, our default reaction is fear.

1. Fear creates a lack of confidence in God’s goodness.

2. Fear creates spiritual amnesia.

(see Matthew 4:23; 8:3, 11–16)

“Peace. Be Still.”

- The word for peace here is a command “to be involuntarily hushed or silenced”.
- The word for be still is also a command, which means “be muzzled.”

In the next weeks we are going to talk about:

1. Fear of family tragedy
2. Fear of not having enough
3. Fear of being a disappointment
4. Fear that God is not real
5. Fear of intimacy

Small Group Questions

1. What are some phobias that you have? (spiders, clowns, etc.)
2. What storm are you facing right now? What are the circumstances of it and where do you see God at in it? (Is God sleeping? Does He seem busy? Is He answering prayer?)
3. We talked about fear that creates a lack of confidence in God's goodness and/or spiritual amnesia. Which one have you struggled with most recently and why?
4. What would it look like for Jesus to speak peace and stillness into your storm? What is keeping you from asking him to do that?
5. Take some time as a group or on your own to invite Jesus into your storm in order that He may speak peace and stillness.