



# The Gospel of Mark

## Home Group Discussion Guide

*How to Have Peace in the Storms*

Mark 4:35-41

**ICEBREAKER:** How many siblings do you have? What's your birth order?

**OVERVIEW:** Jesus wants you to have peace — the feeling of inner-comfort, even when life is hard and the future is uncertain. But that is easier said than done. Most of us have experienced intense fear, worry, and anxiety when facing storms. But it doesn't have to be that way. In the story of Jesus calming the storm we discover the we can have peace in the storm by praying and exercising faith. In this discussion we will take these ideas deeper and learn how to apply them to our lives.

1. Read Mark 4:35-41. What insight, principle, or observation from this week-end's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Why do you think worry is forbidden in the Bible?
3. In this story it was Jesus' idea to go on a boat ride, and Jesus knew that a storm was coming. Why does God sometimes lead us into storms?
4. How do storms help us grow? How has God used storms to grow you over the years?

5. In this story, Jesus didn't abandon the disciples; He was with them in the storm. Why is it important to remember that the presence of storms doesn't mean the absence of God?
6. Have you ever gone through a storm and felt like God had abandoned you? Explain. How can this story be an encouragement the next time you encounter a storm?
7. In this story, Jesus didn't rebuke His disciples for requesting His help in the storm. That's the one thing they did right. The first thing we can learn about finding peace in the storms of life is to pray. How has God used prayer to help you through adversity?
8. In this story, Jesus rebuked His disciples for their cowardly fear, which He said was the result of a lack of faith. How are the storms of life a test of faith?
9. If fear and worry are evidence of weak faith, then what is faith, and what do we need to have faith in so that we can have peace in the storms of life?
10. If past storms have revealed that your faith is weak, what can you do to grow your faith?

**The Last Word:** The next time you are in a storm, instead of asking, "Why God?" ask, "What's next, God? How are you trying to grow me? How do you want me to serve you through this?"