

NOTES: Lessons from the Boat | Trust: Mark 4:35-41
May 14th - 15th 2022, Compelled Church

4 steps the Gospel calls us to:

Allow the Word to **CULTIVATE** our hearts so we can learn to **TRUST** Jesus in all situations and **JOIN** Him in the supernatural life by **LIVING** dependent on His grace not our own works.

Original text (Came up) - out of nowhere a surprise (Furious) - Mega/Big

Interesting thought:

Wind – we feel the effects but we do not see the source. The effects are real but it is hard to nail down. Anxiety has the same principle and effect on us. Anxiety is real but it is liar

Some important facts to consider:

It was evening – they really should not have been crossing this lake at night
It had been a long day - They were already worn out
They were following Jesus - it was His idea

Have you ever felt like Jesus is napping while you are dying?

It is amazing how long we choose to suffer through the storm before we call to the one who can speak to the storm.

As Christ followers, this is the danger of anxiety, it shrinks the power of the Gospel because it presents a false gospel - one of self-reliance rather than reliance on God.

Fear and anxiety cause us to tighten our grip rather than release control. Just because God is silent doesn't mean He is absent.

Their focus is on the water and waves Jesus focus is different He Rebukes the wind Hushes the waves.

Rebuke – Sharp disapproval, Strong Response **Quiet, Be still** - SHHH

One of the greatest causes of fear and anxiety is focusing on the wrong things or things out of our control: Obsessing over details, we actually have no control of

They were focused on symptoms (**waves**) Jesus addresses source (**Wind**)

V. 39 – Q) why are you afraid – Timid, fearful **V. 41** – They were terrified – Struck with amazement, reverence

They went from complete fear for what was outside of the boat to complete reverence for who was inside the boat

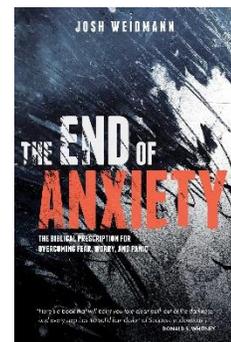
What they thought they knew about him went to a completely new level it was a revelation of his divinity

Revelation of who is in your boat will allow you to see what is outside of your boat in right context

When it comes to anxiety, our greatest need is presence not just practice

Book Recommendation: The End of Anxiety by Josh WeidMann

“The Biblical Prescription for overcoming fear, worry, and panic”



Sermon Discussion Questions: Lessons from the Boat | Trust: Mark 4:35-41
May 14th-15th 2022, Compelled Church

For continued study in groups, for families or individual

Q) Share a moment that went from 0-60 for you.

Q) How did you respond?

Read Mark 4:35-41

Look back at the previous verses in Mark

Q) What are some of the things the disciples had witnessed so far when they were with Jesus?

Q) How can you explain the fact that the disciples had seen Jesus heal the sick, teach with the power, & do miracles but they were surprised that He could calm the storm?

Q) What emotions do you think were expressed on the boat that evening in the Sea of Galilee?

Q) Share a time when you felt very close to Jesus but something happened in your life that caused you to doubt His presence.

Q) What are some of the things that cause us to forget Jesus is in the boat with us?

Q) How has Jesus Reassured you He is there during those moments?

Q) Fear is a very real emotion. At times, our fear can drown our faith and render us seemingly useless for the Kingdom of God. Read 1 John 4:18 and talk about the perfect love of Jesus drives out fear in our lives and in the story with the disciples.

Q) What do you feel most anxious about right now in life?

Q) Do you see an attempt to control an outcome you cannot control in this situation?

Q) If you do, can you name it?

Q) In a practical way, what would it look like to release control of this and allow Jesus to have it?

In Mark 4:35 we see that it was Jesus' idea to cross the lake

Q) Do you think he knew about the storm?

Q) Why do you think He would lead them into the storm?

Q) Can you list some of the lessons you have learned from walking through life's greatest storms?

The disciples were focused on the Waves (Symptoms) Jesus was focused on the wind (Source)

Q) Can you make a list of the things that are causing you anxiety and fear right now?

Q) Are they waves (symptoms) or are they Wind (Source)

Q) How do we discern the difference, and how do we respond appropriately once we have?