

Why are you afraid?

Mark 4:35-41

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

The wind and the sea obey him. Who is Jesus, if that is true?

2. What does it show me about people — and about me?

They ask, "don't you care?" Have you ever thought that? Was it true?

3. What will I obey this week?

What storm will you tell Jesus about first this week, instead of last?

4. Who will I tell?

Who is in a storm right now? How will you sit with them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6-7).

★ Pray

Jesus, you were asleep in the storm because you were not worried. Thank you that you are in the boat with me. Help me wake you up instead of panicking alone.



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