

Be still

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 waves obey a man's voice. Who is Jesus, if that is true?

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

The disciples ask, "don't you care?" Have you ever thought that when things were bad?

3. What will I obey this week?

What storm are you in this week that you will bring to Jesus first?

4. Who will I tell?

Who is frightened right now? What could you remind them about Jesus?

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, the wind and the sea obeyed you the moment you spoke. Thank you that you are in the boat with me. Help me wake you up instead of panicking on my own.



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