

“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 passage show me about God?

Where is Jesus during the storm, and what does he ask the disciples after he calms it?

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

In what storm does it feel like Jesus is asleep right now — and what exactly are you afraid of?

3. What will I obey this week? (a concrete step, with a day)

This week when the fear rises, how will you go to Jesus instead of only fighting the waves?

4. Who will I tell?

Who could you tell about the one whom even the wind and the sea obey?

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 are in my boat even when the storm makes me think you don't care. Speak your peace over the wind and the waves inside me.



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