



**“Why Are You Afraid?”**  
**Mark 4:35-41**

Fears. We all have them. Some fears we hold are huge, war, poverty, global collapse. Some fears are more personal, loneliness, insecurity, financial crisis. All fears can appear overwhelming. We begin to doubt the presence, power and especially the care for God in my fear.

**Key Verse. “Why are you so afraid?” (Mark 4:38)**

Mark’s gospel is very action oriented. He takes us right into the life and ministry of Jesus. From the beginning mark highlights the power of Jesus to heal, forgive, cast our demons and teach with authority. The disciples are witnesses of Jesus up close and personal. In Mark 4 Jesus is tired and they set out in their boat for a time of rest and relocation to the other side of the Sea of Galilee when a storm comes upon them.

Read through *Mark 4:35-41*. Highlight what words and phrases stand out to you as you read this story today.

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Read *Mark 4:35*. Why do you think it important for Mark to let us know Jesus’ condition upon entering the boat? How does this fit into my image of Jesus?

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Read *Psalms 112:6,7, John 6:37, Hebrews 13:5-6*. What do these verses say about God’s presence with me? How do they confirm my experience with God when I am in crisis?

Is it easier for me to trust God in the large storms of my life or in the everyday crisis I face? Why?

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Disciples forgot just as I do, the God who fills my \_\_\_\_\_ is the same God who calms my \_\_\_\_\_.

The theological word that refers to God’s immediate presence is his Immanence, God with me.

Read *Jeremiah 23:23*.

What has been my experience with God’s presence in my everyday life? How would that have compared to the disciples in the boat?

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Read *Mark 4:39,40*. How does Jesus respond to their storm? How have you seen him respond to the everyday storms in your own life?

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*1 Peter 5:7* says, “casting all your anxieties on him, because he cares for you.” What anxieties, cares, storms do you need to submit into God’s hands today? \_\_\_\_\_.

Can you take a moment and pray and thank God for stepping into the storms of your life?

This week

- Is God asking, “Why are you afraid?”
- Will I ask him to join me in my fears and bring me peace?