



# WHY ARE YOU SO AFRAID?

EPISODE 1 OF 6

*That day when evening came, he said to his disciples, Let us go over to the other side. Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, Teacher, don't you care if we drown? He got up, rebuked the wind and said to the waves, Quiet! Be still! Then the wind died down and it was completely calm. He said to his disciples, Why are you so afraid? Do you still have no faith? They were terrified and asked each other, Who is this? Even the wind and the waves obey him! Mark 4:35-41*

**MAIN IDEA: FEAR PARALYZES; FAITH PROGRESSES**

## WHAT TO REMEMBER WHEN YOU'RE IN THE STORM

### 1) YOU'RE IN THE STORM WITH HIS PRESENCE

*A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. Mark 4:37-38*

**NEVER LET THE PRESENCE OF A STORM CAUSE YOU TO DOUBT THE PRESENCE OF GOD**

*God is my refuge and strength, my ever-present help in trouble. Psalm 46:1*

*...God has said, "I will never fail you. I will never abandon you." Hebrews 13:5*

### 2) YOU'RE IN THE STORM FOR HIS PURPOSES

**WE CAN'T ALWAYS TELL YOU IF GOD CAUSED IT OR ALLOWED IT— BUT HE ALWAYS USES IT.**

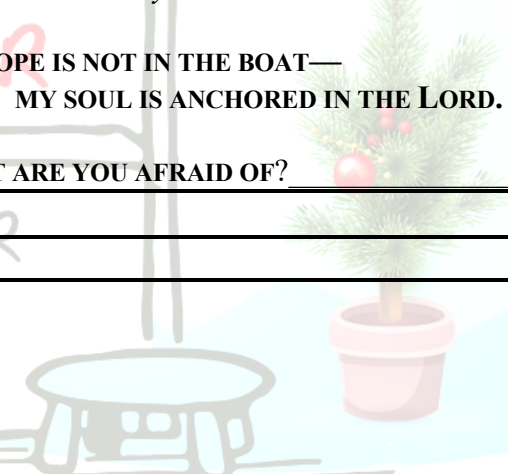
*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:2-4*

*He got up, rebuked the wind and said to the waves, Quiet! Be still! Then the wind died down and it was completely calm. He said to his disciples, Why are you so afraid? Do you still have no faith? They were terrified and asked each other, Who is this? Even the wind and the waves obey him! Mark 4:39-41*

**MY HOPE IS NOT IN THE BOAT— MY SOUL IS ANCHORED IN THE LORD.**

WHAT ARE YOU AFRAID OF?

THE DOCTOR IS IN



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