

LIFE GROUP GUIDE – Week Beginning Sunday 1st February 2026

KEY SCRIPTURES – Mark 4:35-41

This Week's BIG IDEA

This account is very encouraging to those going through any kind of trial, as it reminds us that Jesus is with us in the storms of life, that he does care for us, and that he is able to calm the storm. Whatever the outcome, we can trust Jesus because of who he is – the Son of God!

This event is also a vivid example of how Jesus' disciples can grow in faith by processing Kairos Moments well. Kairos Moments are those big and small events in life when you sense God wants to break in. Helping one another spot a Kairos Moment is a good place to start. Learning to ask the Holy Spirit 'what' and 'why' questions is the next step. You could use the Learning Circle* as a tool that some may find helpful in developing this approach further.

Focussing on God (15 mins)

Kick-start a time of open worship by reading some or all of Psalm 107 (especially verses 23-32) or singing [Blessed Be Your Name](#). Lift your voices together and encourage people to pray out, start a song or bring a spiritual gift etc.

Getting into Scripture (40 mins)

Read Mark 4:35-41

Q1. What do you find interesting, insightful or challenging about this passage or from the sermon on Sunday?

Q2. How does knowing what happened just before and after this event help us understand what was going on for Jesus and the disciples at the time? *Note that Jesus had just been teaching parables by the lakeside (Mark 4:1-24) and then performed his most dramatic deliverance on the other side of the lake (Mark 5:1-20).*

Q3. How does this event fit into Mark's overarching theme of identifying Jesus as the Son of God? *See Mark 1:1, 8:27 and 15:39 for example.*

Q4. Why do you think the disciples were so afraid at the storm and why was Jesus so disappointed by their lack of faith?

Q5. This was a Kairos Moment for the disciples – an event that indicates the nearness of God's kingdom (see Mark 1:15). Can you identify a recent Kairos Moment in your life, even if it wasn't quite so dramatic? *For example, can you think of a recent time when you responded negatively or sensed God's gentle prompt afterwards?*

Q6a. If so, give people a few minutes to reflect on their Kairos Moment and ask the Holy Spirit why they responded as they did, and what he might be saying to them through it. Afterwards, encourage people to share with the group, if they're happy to do so.

Q6b. If not, ask the group whether there are any fears, worries or anxieties (other than the fear of God) that are controlling their life. Encourage people to share.

Prayer (20 mins)

The discussion may lead naturally into a time of praying for one another. You might want to consider breaking into smaller groups.

* PTO for a copy of the Learning Circle

