

THE COUNSELOR—1

WHY ARE YOU SO AFRAID?

- **Why Are You So Afraid?**
- **Do You Believe I Can Do This?**
- **Do You Want to Be Well?**
- **Why Do You Doubt?**

That day when evening came, he said to his disciples, “Let us go over to the other side.”

³⁶ *Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. ³⁷ A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸ 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?” ³⁹ He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. ⁴⁰ He said to his disciples, “Why are you so afraid? Do you still have no faith?” ⁴¹ They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”*

Mark 4:35-41

TWO THINGS 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.

³⁸ *Jesus was in the stern, sleeping on a cushion. Mark 4:37-38*

2) YOU’RE IN THE STORM FOR HIS PURPOSES.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ 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. ⁴⁰ He said to his disciples, “Why are you so afraid? Do you still have no faith?”

⁴¹ *They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!” Mark 4:39-41*

TALK IT OVER

- Are you or someone you know going through a storm? What fears are surfacing as a result?
- Share about a storm you’ve endured. How did you see Jesus’ presence and purpose in midst of this storm?
- What steps do you need to take to fully anchor your soul in the Lord and not in fear?