



Part 4
Finding Peace in the Panic
Message Notes

Mark 4:35-41

2 Things to Remember in the Storm

1. You're in the storm with His _____.

"... [God] will neither fail you nor abandon you."
Deuteronomy 31:6 NLT

"... Do not be afraid or discouraged. For the LORD your God is with you wherever you go." **Joshua 1:9 NLT**

... I will fear no evil, for you are with me ...
Psalms 23:4 NIV

"... I am with you always, even to the end of the age."
Matthew 28:20 NLT

Don't get so caught up in
the _____ of the storm
that you forget the _____ in the boat!

2. You're in the storm for His _____.

Cast all your anxiety on him because he cares for you.
1 Peter 5:7 NIV



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Part 4

Finding Peace in the Panic Journal / Group

When life storms in and you're facing something you don't understand, panic can overwhelm you. But it's possible to find peace in your panic.

Read: Mark 4:35-41

Start talking. Find a conversation starter for your group.

- Who are some people you care about?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- What are some easy ways to find or experience peace when you're stressed?
- **Read 1 Peter 5:7.** How do you currently handle your anxiety? What does it look like to "cast all of your anxiety" on God?

Start sharing. Choose a question to create openness.

- Share about a time you saw God's purpose after a storm was over. How did that experience grow your faith?
- Is there a storm you're currently facing? How can you seek God's presence in the middle of this difficulty?

Start praying. Be bold and pray with power.

Father, we're so thankful that You're always with us. Please give us a clear understanding of Your will for our lives, and remind us that everything has a purpose. Help us to cast our anxieties on You. Let us rest in Your presence, no matter what's going on around us. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- [Journal about one way you can trust God this week.](#)
- Start *The Miracles of Jesus* Bible Plan using Plans With Friends: www.go2.lc/miraclesplan



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