



Read – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

Examine – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

Apply - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- What struck you most from this message?
- Jesus is Lord over all things - including the storms of the sea and of our lives. Read through Psalm 46 again and consider what it means to take refuge in Jesus. Is there a promise to which you can cling?
- Malcom pointed out that the disciples were glad to receive Jesus in their boat. What made them glad? What might it look like for you to receive Jesus gladly? Try to be as concrete as you can: What would need to happen for you to be willing to receive him?

- Some of you might be facing difficulty at the moment. Take some time to pray for one another.