

A dark, moody photograph of a black leather couch against a brown wall. The couch is in the foreground, and the wall is in the background. The lighting is low, creating a somber and intimate atmosphere.

# THE COUNSELOR

Part 1: Why Are You So Afraid?



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## 4 WEEKS 4 QUESTIONS

- 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*



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## 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



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## REACH GUIDE

### Main Idea:

When you're in the storm, remember you're in it with Christ's presence, and for His purposes.

### Key Questions:

- *Are you or someone you know going through a storm? What fears are surfacing as a result?*
- *Think about a storm you've endured. How did you see Jesus' presence and purpose in the midst of this storm?*
- *What steps do you need to take to fully anchor your soul in the Lord and not in fear?*
- *Reflect on your life for a moment. How do you typically handle personal storms?*

### Next Steps:

- *What's the one fear you struggle with most? What's one step you will take to overcome this fear?*



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## DAILY BIBLE READINGS

Anchor your soul in the Lord instead of your fears by reading and meditating over the following Bible passages this week.

**Day 1:** *Mark 4:35-41*

**Day 2:** *Psalms 46:1-11*

**Day 3:** *Hebrews 13:5*

**Day 4:** *James 1:2-8*

**Day 5:** *Isaiah 41:10*

**Day 6:** *2 Timothy 1:7*

**Day 7:** *Psalms 56:1-13*

**PART TWO:  
Do You Believe I  
Can Do This?**