

STRATEGIES FOR STRESSFUL TIMES

Ryland Walter | May 6-7, 2023

Week 5: How To Survive The Storms of Life

Category 1: The Pace of Life

Category 2: The Passages of Life

Category 3: The Problems of Life

Category 4: The Pains of Life

When a gentle south wind began to blow, they saw their opportunity; so they weighed anchor and sailed along the shore of Crete. ¹⁴ Before very long, a wind of hurricane force, called the Northeaster, swept down from the island. ¹⁵ The ship was caught by the storm and could not head into the wind; so we gave way to it and were driven along. Acts 27:13-15 (NIV)

Why Does God Allow Storms In Our Lives?

When neither sun nor stars appeared for many days and the storm continued raging, we finally gave up all hope of being saved. Acts 27:20 (NIV)

1. Storms can clarify _____

We took such a violent battering from the storm that the next day they began to throw the cargo overboard. Acts 27:18 (NIV)

2. Storms can strengthen _____

In an attempt to escape from the ship, the sailors let the lifeboat down into the sea, pretending they were going to lower some anchors from the bow. ³¹ Then Paul said to the centurion and the soldiers, "Unless these men stay with the ship, you cannot be saved." ³² So the soldiers cut the ropes that held the lifeboat and let it drift away. Acts 27:30-32 (NIV)

3. Storms can _____ us to depend on God

Fearing that we would be dashed against the rocks, they dropped four anchors from the stern and prayed for daylight." Acts 27:29 (NIV)

An Anchor That Never Changes

We have this hope as an anchor for the soul, firm and secure. Hebrews 6:19 (NIV)

Jesus Christ is the same yesterday and today and forever. Hebrews 13:8 (NIV)

4 Anchors That Give STRENGTH IN THE STORM

1. The anchor of God's _____

Last night an angel of the God to whom I belong and whom I serve stood beside me... Acts 27:23 (NIV)

Never will I leave you, never will I forsake you. Hebrews 13:5 (NIV)

2. The anchor of God's _____

...and said, "Do not be afraid, Paul, you must stand trial before Caesar..." Acts 27:24a (NIV)

I am worn out waiting for your rescue, but I have put my hope in your word. Psalm 119:81 (NLT)

3. The anchor of God's _____

"God has graciously given you the lives of all who sail with you." Acts 27:24b (NIV)

Some ways to get connected:

- Weekend Services
- Growth Track
- Small Groups
- Celebrate Recovery
- Foundations
- Rock Brook for Kids
- Youth Group
- Serving with the Dream Team

4. The anchor of God's _____

"So keep up your courage, men, for I have faith in God that it will happen just as He told me." Acts 27:25 (NIV)

"He is not here; he has risen, just as he said. Come and see the place where he lay." Matthew 28:6 (NIV)

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Why Does God Allow Storms In Our Lives?

When neither sun nor stars appeared for many days and the storm continued raging, we finally gave up all hope of being saved. Acts 27:20 (NIV)

1. Storms can clarify priorities

We took such a violent battering from the storm that the next day they began to throw the cargo overboard. Acts 27:18 (NIV)

2. Storms can strengthen community

In an attempt to escape from the ship, the sailors let the lifeboat down into the sea, pretending they were going to lower some anchors from the bow. ³¹ Then Paul said to the centurion and the soldiers, "Unless these men stay with the ship, you cannot be saved." ³² So the soldiers cut the ropes that held the lifeboat and let it drift away. Acts 27:30-32 (NIV)

3. Storms can redirect us to depend on God

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Last night an angel of the God to whom I belong and whom I serve stood beside me... Acts 27:23 (NIV)

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2. The anchor of God's purpose

...and said, "Do not be afraid, Paul, you must stand trial before Caesar..." Acts 27:24a (NIV)

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3. The anchor of God's people

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Some ways to get connected:

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- Small Groups
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4. The anchor of God's promises

"So keep up your courage, men, for I have faith in God that it will happen just as He told me." Acts 27:25 (NIV)

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STRATEGIES

FOR STRESSFUL TIMES

HOW TO SURVIVE THE STORMS OF LIFE
Talk-it-Over Notes | May 6-7, 2023

REVIEW IT

Too many lives are being blown apart because they are unprepared for the natural storms and stresses of life. But, as the winds of problems and pain blow, we can remember there is a greater picture. God is at work. Why does God allow storms in our lives? Storms can clarify priorities. Storms can strengthen community. Storms can redirect us to depend on God. When we depend on God, we anchor our souls on the hope that is Jesus Christ.

Here are God anchors we have as we face storms:

The anchor of God's presence
The anchor of God's purpose
The anchor of God's people
The anchor of God's promise

Spend some time in the Bible: Read Acts chapters 27 & 28

TALK ABOUT IT

1. To start the conversation: What's the biggest physical storm you've been through?
2. What would be some life storms you would put in those storm categories?
3. Considering Acts 27:7-13, when confronted with a dilemma, and the word of God contradicts the majority opinion, which do you heed?
4. Has a life storm ever caused you to clarify your priorities or redirect you in some way?
5. Look over the four anchors. Which one is most meaningful to you and why?

ACT ON IT

We'd love to have you connected with our church family! Commit to something big or small today. You can visit rockbrook.org/connect to see different ways to plug in.

PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.