

COVENANT — JESUS CHRIST

The Miracles of Mark 4 and 5

LESSON 04

MARCH 29, 2026

LESSON TEXT

Mark 4:30–5:43

FOCUS VERSES

Mark 5:18–20

¹⁸And when he was come into the ship, he that had been possessed with the devil prayed him that he might be with him.

¹⁹Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.

²⁰And he departed, and began to publish in Decapolis how great things Jesus had done for him: and all men did marvel.

TRUTH ABOUT COVENANT

Jesus has authority over anything that comes against us.

MY RESPONSE TO COVENANT

I will put my faith in Jesus no matter what I face.

COVENANT CONTEXT

In these early days of Jesus' ministry, He had already forgiven sins. In Mark 4–5, Jesus demonstrated complete authority over the foes we face: nature, the devil, disease, and even death. God was suspending natural laws, and even His own Law He gave to Moses, to work miracles to show that the man Christ Jesus is Almighty God in flesh and the kingdom of God was finally here.

TEACHING OUTLINE

Icebreaker: Recount the busiest time you can remember in your life.

Teacher Tip: Connect the group's answers to Jesus' busy schedule of calming a storm, casting out devils, healing the sick, and raising the dead.

Lesson Connection: Share the Lesson Connection.

I. JESUS CALMED THE STORM

A. Jesus Taught the Disciples About the Kingdom of God

B. The Disciples Feared the Storm

***DISCUSS:** If you have ever wondered if Jesus cared because of what you were going through, how did He show you He does?*

C. Jesus Demonstrated Complete Control over the Natural Realm

D. I will rely on Jesus in the storms of life.

***DISCUSS:** Over what areas of your life do you need Jesus to speak peace?*

II. JESUS DELIVERED THE MAN POSSESSED BY DEMONS

A. The Man Was out of Control

B. Jesus Demonstrated Complete Control over the Spiritual Realm

C. Jesus Was Rejected Although He Worked a Miracle

D. I will actively share my testimony and look for opportunities to pray for miracles, even if I am rejected by others.

***DISCUSS:** How often do you actively share your testimony?*

III. JESUS HEALED A WOMAN AND RAISED A GIRL FROM THE DEAD

A. A Woman Was Healed When She Touched Jesus (V)

***DISCUSS:** Where do you suppose the level of faith came from for the woman to believe touching Jesus could heal her?*

B. Jesus Raised a Little Girl

***DISCUSS:** What “dead” situation in your life needs Jesus’ touch? Are you willing to pray for Him to work today?*

C. I will put my faith in Jesus, no matter what I face.

Internalizing the Message (I)

PRAYER FOCUS

Lead the group in prayer and consider the following topics of focus:

- For God to help our faith become stronger than our feelings
- For God to give us the grace to harness the potential of our faith

LESSON CONNECTION

Michael wasn’t much of a fisherman. He could probably count on one hand the number of times he had been fishing, so when Elijah invited him to go deep-sea fishing, he was a bit hesitant.

“Ocean fishing is a blast! We’ll be catching fish all day,” Elijah said enthusiastically.

His enthusiasm was infectious. Michael had always wanted to learn how to fish, but he had been dissuaded by those who assured him it was boring. However, his excitement and the promise of catching fish was enough to persuade him. The only challenge was managing motion sickness; he didn’t want to suffer on a boat in the ocean.

“Put this behind your ear; it will help control your gag reflex,” the doctor explained. “Be careful. This stuff is strong,

so remove it after a few hours.”

Michael was prepared for the fishing trip. The expedition company provided all the necessary equipment, including fishing poles, bait, and filleting services. Unfortunately, to his horror, the patch he had applied to prevent motion sickness only worked for about an hour. Suddenly, the nausea hit hard. His balance was off and his gag reflex kicked in. He was experiencing a pounding headache, as if his brain was trying to escape, and his vision became blurred.

He went into the cabin quarters, lay down, and slowly counted the minutes until they all reached land again. Only 180 minutes left...179 minutes...178 minutes....The minutes passed like hours.

“Get up! Stand up and go to the bow of the boat,” the captain exclaimed, kicking his bed. “As long as you stay here, you will only get sicker. Get up and look at the horizon.” He had never been so seasick or homesick for land as he was that day.

Faith is much like the captain trying to stir Michael from his sickbed. Faith is Heaven’s push when we feel overwhelmed, buried, or on the brink of spiritual and emotional exhaustion. Faith fixes our focus on Heaven’s horizon so we can see Jesus Christ. He is the same yesterday, today, and forever. His Word never changes.

The miracles Jesus worked in Mark chapters 4 and 5 testify of a greater force at work in our lives than the other forces we face. For those unwilling to plunge into the depths of despair, faith offers hope, healing, and a promise—a promise that God has made in covenant with those He loves.

BIBLE LESSON

I. JESUS CALMED THE STORM

A. Jesus Taught the Disciples About the Kingdom of God

Although the disciples didn’t realize it, Jesus was giving them the study guide for the test they were about to take. In Mark chapter 4, Jesus taught them about the kingdom of God. He rhetorically asked: “Whereunto shall we liken the kingdom of God? or with what comparison shall we compare it? It is like a grain of mustard seed, which, when it is sown in the earth, is less than all the seeds that be in the earth” (Mark 4:30–31). Although a mustard seed is tiny, it would grow into a magnificent tree in the Holy Land, illustrating two profound insights about the new kingdom Jesus was setting up: a kingdom built on faith in Him as the Messiah.

We often judge things based on appearances, but God calls us to have faith in what He can do when we ask Him. Faith is the realization that God is able to create something from nothing and urges us to trust in His limitless possibilities. Second, Jesus told His disciples that the mustard seed, though the smallest of all seeds, grows into a large plant where birds can nest. (See Mark 4:31–32.) This point highlights that a seed in hand is of limited value, but when sown in the ground, its potential is realized. Faith must be planted in our hearts to reach its full potential. Class was over; it was time for the test.

B. The Disciples Feared the Storm

The writer Mark “glued” these stories together to show us we can have faith in Jesus to do anything. Initially Jesus began teaching by the seaside, but as the crowd gathered, He taught from a nearby boat. As night fell, Jesus invited

His disciples to cross the Sea of Galilee. Jesus slept as they sailed. Suddenly a storm arose out of nowhere and shook the boat and the disciples' faith they had just learned about.

The storm's intensity and the disciples' fear highlight the Sea of Galilee's unpredictable nature, which symbolized chaos in ancient times. In contrast to their panic, Jesus' serene sleep illustrates a profound peace. The fearful disciples leveled an accusation at Jesus: "Master, carest thou not that we perish?" (Mark 4:38). Such moments can provoke questions like, "Why am I going through this?" and "When will this be over?" Jesus' silent sleep did not mean He was absent; He was with the disciples and He is with us. Fear may cause us to focus on the storms, but faith in Him allows us to find rest, even in the storm.

***DISCUSS:** If you have ever wondered if Jesus cared because of what you were going through, how did He show you He does?*

C. Jesus Demonstrated Complete Control over the Natural Realm

The Gospel of Mark records the moment Jesus spoke order back into existence: "And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm" (Mark 4:39). Jesus showcased authority over the natural world. He addressed the chaos that reflected Satan's influence when Jesus brought peace to the storm. By rebuking the wind and speaking to the sea, He demonstrated His authority over the source of storms and their effects.

D. I will rely on Jesus in the storms of life.

Storms often come when we least expect them: layoffs, sudden illness, financial challenges, or even natural disasters can shake our world on any given day. In these moments, fear can creep in, causing us to question whether God is with us in our struggles. Yet we must remember Jesus is with us, and as He demonstrated that night on the sea, He holds dominion over nature and He cares deeply for our challenges. Too often we view Jesus' love through the lens of our circumstances rather than seeing our circumstances through the lens of His love. We must choose to have faith and lean on Jesus during life's storms. Living in fear hampers our prayers, while faith empowers them.

***DISCUSS:** Over what areas of your life do you need Jesus to speak peace?*

II. JESUS DELIVERED THE MAN POSSESSED BY DEMONS

A. The Man Was out of Control

After the disciples made it out of the storm, a supernatural storm awaited them. Mark gave details concerning a man filled with demons, stating: "His dwelling [was] among the tombs; and no man could bind him, no, not with chains....And always, night and day, he was in the mountains, and in the tombs, crying, and cutting himself with stones" (Mark 5:3-5).

No remedy existed. People tried chaining and taming him, but they were powerless against him. The man was superior in strength to everyone around him. We can imagine the fear this man caused his community as he bore physical marks of demonic possession and dwelled in tombs, his frightening voice echoing off the mountainside every night. The entire community was held captive by this man who was held captive by demons. Fear has a way of

injuring everyone around it.

B. Jesus Demonstrated Complete Control over the Spiritual Realm

But everything changed when Jesus arrived. Mark gave us the play-by-play: “But when he saw Jesus afar off, he ran and worshipped him, and cried with a loud voice, and said, What have I to do with thee, Jesus, thou Son of the most high God? I adjure thee by God, that thou torment me not” (Mark 5:6–7). The possessed man deeply wanted to be set free, so he ran to the only one who could set him free. Not even the devil himself could keep him from worshipping Jesus.

Jesus demonstrated complete control over every one of those spirits. He commanded: “Come out of the man, thou unclean spirit” (Mark 5:8). The spirits had no choice but to obey because they were powerless against Jesus. They begged Jesus not to send them back where they came from, so Jesus gave them permission to run into a large herd of swine. And they did.

C. Jesus Was Rejected Although He Worked a Miracle

This man was finally free; he finally felt human again. Jesus had delivered the man who had terrorized a city to the point of paranoia. The city should have rejoiced; instead, they rejected Jesus. It is perplexing why anyone would reject Jesus after witnessing a miracle. When they saw the formerly demon-possessed man healed, clothed, and in his right mind—and they saw their huge herd of pigs drowned in the sea—the citizens of Gadara pled with Jesus to leave and leave them alone. Perhaps they feared what they did not understand, but Jesus didn’t ask them to understand how He performed the miracle; He just wanted them to know who He is. Strangely, the people accepted the miracle but rejected the miracle worker. But true faith embraces not only the miracles but also the profound relationship Jesus desires with each of us.

D. I will actively share my testimony and look for opportunities to pray for miracles, even if I am rejected by others.

When we feel rejected because of our faith, Jesus taught that people were rejecting Him, not just us (Luke 10:16). After the citizens of Gadara chased Jesus out of town, the man freed from demons begged to follow Jesus, but Jesus told him to return home and share the amazing things God had done. Jesus understood this man would better serve his community by sharing his story. The freed man told his testimony to crowds in awe, especially those who knew what he used to be like. Following Jesus means spreading the news of His great compassion He has showered on us. True disciples share the joyous message of God’s power to transform and save.

***DISCUSS:** How often do you actively share your testimony?*

III. JESUS HEALED A WOMAN AND RAISED A GIRL FROM THE DEAD

A. A Woman Was Healed When She Touched Jesus

Have you ever noticed how time seems to crawl when we are sick? Now imagine being severely ill for twelve long years. In Mark 5 we read a powerful story of a woman trapped in her suffering: “And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and

was nothing bettered, but rather grew worse” (Mark 5:25–26). Her condition was unbearable, and the treatments she endured often brought more pain than relief.

In addition, the law of Moses pronounced her unclean, adding emotional and spiritual pain to her suffering. (See Leviticus 12; 15.) Yet this woman’s faith gave her the courage to believe touching Jesus would bring her healing: “When she had heard of Jesus, came in the press behind, and touched his garment. For she said, If I may touch but his clothes, I shall be whole” (Mark 5:27–28). Somehow she had faith to believe she would not make Him sick; He would make her well.

***DISCUSS:** Where do you suppose the level of faith came from for the woman to believe touching Jesus could heal her? (V)*

B. Jesus Raised a Little Girl

In biblical times, child mortality rates were high, sometimes as high as 50 percent. As Jesus made His way through the street, Jairus, a religious leader knelt in front of Him with bad news. His twelve-year-old daughter was dying at home, but Jairus knew Jesus could heal her if he could get Jesus to come to his house.

But that was before the woman broke through the crowd and took up precious minutes he didn’t know if his little girl had. Once they began walking again, devastating news came to Jairus: “Your daughter is dead. There’s no need to trouble the Master any further.” Jairus had faith for healing, but death held sway over every human being. There was no hope. Death was final...or so they thought.

Jesus immediately reassured Jairus: “Be not afraid, only believe” (Mark 5:36). Death did hold sway over humanity, but Jesus was not just another man; He was Almighty God incarnate. Again Jewish law stood between Jesus and a miracle because the Law forbade a holy man to touch a dead body, lest He be made unclean. But when Jesus arrived at the home of this esteemed yet desperate religious ruler, Jesus compassionately reached out to the girl, saying: “Talitha, cumi,” or “Little girl, I say to you, arise” (Mark 5:41, NKJV). Immediately she arose and walked. What tenderness, what authority. Faith offers an alternate reality to every problem we face—everything is transformed by Jesus’ touch and voice.

***DISCUSS:** What “dead” situation in your life needs Jesus’ touch? Are you willing to pray for Him to work today?*

C. I will put my faith in Jesus, no matter what I face.

Although faith is free, it never comes cheap. The world will find ways to ridicule what they do not understand, but God calls us to believe. We must resolve in our hearts to put our complete trust in Jesus. From the beginning of Mark 4, Jesus taught His followers to have faith, and by the end of Mark 5, they saw Jesus calm the storm, cast out devils, heal a twelve-year-long disease, and raise a twelve-year-old girl from the dead. He was showing them that He has complete control over nature, the devil, sickness, and even death. They could have faith in Jesus—we can have faith in Jesus—for nothing is impossible with Him.

***Teacher Option:** Tell the story below or share one of your own to illustrate how one day can change our lives and give us a testimony we will share for generations.*

INTERNALIZING THE MESSAGE

(I) Chesley woke up that morning, much like other mornings. He readied in his familiar uniform, complete with his crisp white shirt and four bright gold stripes that testified to the world he was in charge—at least of US Airways flight 1549 from New York to Charlotte. In good weather it should have taken him and his crew just over two hours to transport 155 passengers.

The taxi to the runway was normal. The takeoff was normal. The three-minute climb to cruising altitude was normal. And then normal gave way to 208 seconds of sheer terror for most of the people on board. The over forty-ton aircraft hit a flock of geese, and both engines on the plane failed. The plane was surely to free fall, but it was still over one of the largest cities in the world: New York City. Captain Chesley Sullenberger (“Sully”) and his first officer radioed for help, but they had climbed too far to return to La Guardia. The smaller airport in New Jersey was also too far away. They would have to land somewhere, but where?

Sully’s somehow calm, and now famous, words rang into an air traffic controller’s headset: “We’re going to be in the Hudson.” Perhaps the controller thought he meant they were going to crash and bury the plane—with its passengers and crew—in the river, but Sully had better plans. With his forty years of flying experience behind him and with unbelievable calm and composure, he glided the plane into a water landing. The plane splashed on the surface of the water, but it stayed afloat, and Captain Sullenberger walked through the cabin twice to make sure every passenger deplaned. Then he emerged through the door to the waiting rescuers. To look at Sully, it looked like just “another day at the office.”

What started as a normal day turned out to be a day that neither he, nor the 155 passengers, nor the world would ever forget. But during the trial of his training, somehow Sully knew he had control, even over the water, and what looked like certain tragedy turned out to be a story the world will talk about for generations.

In a similar way, Jesus’ day started off with a Bible study on faith, and by the end of His long day or handful of days, He had calmed the sea, driven out demons, healed the sick, and raised the dead. Although Jesus’ disciples and the people most affected by their struggles thought that was the way life (and death) would always be, Jesus demonstrated complete control and calm over every foe we face: nature, the devil, sickness, and death.

Two thousand years later, we are still telling each of these stories for the glory of God. We are in awe, in wonder, at what Jesus is able to do, but to look at Him in Mark 4–5, it was just “another day at the office” for the one we all call the Christ.