

GO DEEPER

use these questions for further study

Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.

Pastor Adam described storms as little things that quickly become big things, or situations where you feel under attack even though you are physically safe.

What are some of the storms you've experienced lately?
How did you act when they happened?
Did it make things better or worse?
Could you have responded differently? How?
What is the difference between *reacting* and thoughtfully *responding*? What helps us respond instead of react?

Read Mark 4:35-41: What do you notice about the disciples? What about Jesus?

Pastor Adam listed 6 Storm Survival Strategies:

1. Breathe 2. Don't Catastrophize 3. Treat the Cause 4. Get Wise Advice
5. Control Only what is Yours to Control 6. Trust Jesus

Are any of these strategies new or unfamiliar to you? Which ones?
Have you successfully used any of these in the past? Which ones? How?
Do you particularly struggle living any of these out? Which ones? Why?
Which one or two strategies would you like to focus on and try to implement in your life? How will you do this?

Read Psalm 46: 1-3

What perspective does this passage offer us in the midst of storms?
What would it look like to take these verses seriously and apply them?
How can you keep these verses close to mind in stormy times?

Bonus - Take time this week to read all the storm stories Pastor Adam referenced and reflect on each of them. Noah (Gen 6-8); Moses (Exodus 14 & 15); Jonah (Jonah 1); Peter on the water (Mtt 14:22-33); Paul shipwrecked (Acts 27); Jesus calms the storm (Mark 4:35-41).

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