

Stability in the Storm

Choosing Faith over Fear

Mark 4:35-41; Philippians 4:6-7; James 1:2-4

1. Jesus' pattern of training: teach, teach, TEST Mark 4:35-41
 - This trip had a purpose – to build FAITH over FEAR
 - Both the STORM and the DANGER were real
 - Their initial HUMAN reaction was real - **fear**
 - The test revealed their REACTION to their REACTION!
 - They chose PANIC, when Jesus offered PEACE
2. Jesus' pattern of training today: teach, teach, TEST James 1:2-4
 - Our storms have a purpose – to build our FAITH over FEAR
 - Our storms and dangers are REAL!
 - Our initial HUMAN reaction is real – we feel fear, worry, anxiety
 - Our storms reveal our REACTION to our REACTION!
 - We can choose PANIC, or peace through PRAYER Philippians 4:6-7, 9
 - ▶ The INTENSITY of prayer is determined by the INTENSITY of the storm or the level of danger
 - ▶ The promise: a breakthrough of PEACE; a calming of the HEART, not always the STORM
 - Breakthrough: the peace of God AND the God of peace
3. Faith and focused prayer bring about **spiritual stability** in the storms of life
 - Never forget who's in your boat with you! The Creator of all the elements of your storm.
 - Press intensely into prayer until the peace of God breaks through!

Auburn Grace Community Church – August 9th, 2020

Life Group Discussion Questions – August 9, 2020

Philippians 4:6-7 *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

QUICK REVIEW

1. In what ways does our salvation experience, our understanding of God's Word, our obedience to and relationship with Him, contribute to our being more Christ-like?
2. Read Galatians 5:22-23. What fruit do you most recognize in yourself? Which fruit do you have most trouble submitting to the will of the Holy Spirit? What would others say?

MY STORY

1. What is the worst life storm you have ever experienced? How did you get through it? Were family or friends helpful? Was there someone who could've helped but didn't?
2. Like taking cover from turbulent weather, many have tendencies to withdraw from life storms, too. What happens when we pull away from others that love us? When we delay having difficult conversations? When we assume the worst? Why is it so difficult in first taking these matters to God?

GOING DEEP

1. Read 1 Peter 4:12-13. Why do you think God allows us to experience the "sufferings of Christ?" How do difficult times work to refine and purify us from pride and selfishness?
2. For each attribute of God, discuss how it helps us to deal with our fears: His character; His promises; His provision; His love.
3. Read James 1:2-4. How would you define a trial? What are some practical ways you can have joy in the midst of a trial? Is there someone you know that is facing a difficult trial? What can you do to encourage them and support them during this time?
4. Read Philippians 4:6-7, 9. What do our hearts and minds need to be guarded or protected from? How are we guarded "in Christ Jesus"? What sorts of things occupy your mind? How does your preoccupation with these things affect your relationships? How does it affect your joy in the Lord? How does it affect your peace or your relationship with the God of peace?

PUTTING IT TOGETHER:

1. What do you think are some of the challenges to living out each point?
2. Which of the above teaching points are most important for you to remember?

