

Week 2: Peace in the Storm

I am leaving you with a gift—peace of mind and heart. And the peace I give you is a gift the world cannot give. So don't be troubled or afraid. John 14:27

Read:

Mark 4:35-41

One evening, Jesus and his disciples got into a boat together, and a fierce storm started. The disciples were terrified; all the while Jesus was simply sleeping in the back of the boat. Completely overwhelmed by the storm and thoughts of drowning, the disciples woke Jesus up and said “Teacher, don’t you care that we are all about to drown?” Jesus immediately stood up and told the waves “Quiet! Be still!” The wind died down and the storm stopped. But that wasn’t all he said. Jesus said to the disciples, “Why are you so afraid? Do you still have no faith?” Still shocked, the disciples asked each other, “Who is this? Even the winds and the waves obey him!” This story reminds us that Jesus – our Prince of Peace – holds the power to bring peace with a single word.

When the disciples saw how fast Jesus could bring peace to their situation, they were completely shocked– they even questioned who Jesus was. The disciples couldn’t believe that these intimidating and powerful waves just stopped immediately after being commanded by Jesus. But they did! He is more powerful than even the most powerful of God’s creation – more powerful than even the most daunting situations in our lives – the ones that scare us and seem like they may even take us under their waves.

Just like John 14:27 says, God bringing peace to our most difficult situations is truly a gift, one of the best gifts imaginable. Feeling anxious, afraid, and unsure are very overwhelming but normal emotions. Sometimes life seems like it’s just too much to handle. These emotions can often make us feel completely hopeless. But with God giving the gift of peace, we can get through anything. This peace does not always mean the difficult issue or situation will disappear, but it does allow us to face the circumstance with a renewed sense of hope. We can remember that God is the one who is in control of the storms and he has the power to calm them in the blink of an eye or with the whisper of his voice. Just like the disciples, we can go to Jesus and let him speak.

Questions to think about:

1. What storms are overwhelming you right now?
2. How can you pray for God to bring peace to that situation?
3. What word or phrase can you remember from this Bible story to remind you of God’s peace so you can be anchored no matter what storm comes your way?