



## Part 2: Wind & Waves

Mark 4:35-41

*Jesus' peace comes to us as we trust his power and love in every circumstance.*

### I. An Anxious World

See "The Teen Mental Health Crisis: How Do We Respond?" Colson Center Breakpoint Daily

### II. Jesus' Peace is Relational not Circumstantial

*"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27*

Jesus' peace is not circumstantial, but relational. It flows as a gift from his presence with us through the Holy Spirit. Relational knowledge of a person is a factor of time and experience. What is true of knowing any person is also true of knowing God and Jesus.

### III. Wind and Waves (see Rembrandt painting)

Three Questions:

#### A. Don't you care?

This is the question that arises in our hearts when the wind and waves come crashing in on us (health issue, financial challenge, relational struggle...)

#### B. Why are you so afraid?

Jesus asks them and us this question. What are you believing? Fear and anxiety often come from wrong thoughts about God, ourselves, or others.

#### C. Who is this?

“They were terrified and asked each other, ‘Who is this? Even the wind and waves obey him!’” Mark 4:41

See Psalm 29:1-3; Genesis 1:1-2. Who has authority over creation like this, but God?

Through this challenging circumstance, they were given the opportunity to know Jesus better. They were given a glimpse of a truth they would later come to know with such certainty that they would gladly give their lives up.

“How can you live with the terrifying thought that the hurricane has become human, that fire has become flesh, that life itself became life and walked in our midst? Christianity either means that, or it means nothing. It is either the most devastating disclosure of the deepest reality of the world, or it is a sham, a nonsense, a bit of deceitful playacting. Most of us, unable to cope with saying either of those things, condemn ourselves to live in the shallow world in between.” – N.T. Wright, *For All God’s Worth: True Worship and the Calling of the Church*

#### IV. The Story We Believe

“Sovereignty is the term the Bible uses to describe God’s perfect control and management of the universe... In the treatment of anxiety, a proper understanding of sovereignty is huge. Anxiety is often the consequence of perceived chaos.” –Max Lucado, *Anxious for Nothing*

“All day every day, we use narrative to try and make sense of the ongoing confusion of reality; of the business of being human.”  
– Paul Kingsnorth, novelist

Q: What is the story you’re believing about reality? Is it God’s Story revealed in Jesus?

“All this energy issues from Christ: God raised him from death and set him on a throne in deep heaven, in charge of running the universe, everything from galaxies to governments, no name and no power exempt from his rule. And not just for the time being, but forever. He is in charge of it all, has the final word on everything. At the center of all this, Christ rules the church. The church, you see, is not peripheral to the world; the world is peripheral to the church. The church is Christ’s body, in which he speaks and acts, by which he fills everything with his presence.”  
Ephesians 1:20-23, *The Message*

“One thing God has spoken, two things have I heard: that you, O God, are strong, and that you, O Lord, are loving.” Psalm 62:11-12

See Romans 8:28.

**Discussion Questions:**

1. Use Mark 4:35-41 for the practice of *Lectio Divina* (see [GreenwoodCC.com/lectio-divina](http://GreenwoodCC.com/lectio-divina)). Journal and describe your experience; share it with your group.
2. What are the “wind and waves” in your life that cause you to be anxious?
3. How does the knowledge of Jesus revealed in this story connect with what you are facing?
4. What story are you believing about the world? How does Ephesians 1:20-23 and Romans 8:28 speak to your current beliefs?

**Formation Resources:**

1. See “Practices of Jesus” ([greenwoodcc.com/resources](http://greenwoodcc.com/resources)).
2. Practices of Jesus Audio Devotionals (available weekly through Greenwood podcast platforms such as Spotify, Apple, Google and by email subscription).