



WHAT DOES IT MEAN TO ME?

Can you think of situations in your life when you have been very afraid?

What was it that made you afraid?

What are some things that happen in our lives that, like storms, can make us afraid?

- a. when someone we love gets very sick
- b. when we have problems with friends
- c. when our families have problems
- d. when we have trouble with school
- e. other _____

What did they say when they woke Jesus?

Have you felt as if God didn't care about what was happening to you?

Read Psalm 121. According to this Psalm, is Jesus ever unaware of you?

What is God doing while you are sound asleep?

- a. sleeping right beside you
- b. caring for others
- c. watching over you
- d. taking a break

How does this Psalm encourage you about trusting in Jesus for help?

Wrap Up

All of us have frightening times in our lives. Sometimes it is easy to think that Jesus isn't paying any attention to what is happening to us, or that He doesn't care. It is easy to focus on the bad things that could happen, rather than focusing on Jesus. During difficult times, it is important to remember that nothing in the world is outside His control. We are always in His hands, and He is always watching over us.

KEEP THIS PAGE IN YOUR BIBLE OR IN A NOTEBOOK WITH YOUR OTHER JOURNAL ENTRIES.



Calming the Storm BETWEEN THE LINES

Take some time to read the story of Jesus calming the storm in Mark 4:35-41. Try reading it aloud. If you need an audience, ask a family member to listen.



WHAT DOES IT SAY?

Look back at Mark 4:1. Where did this story take place?

What had Jesus been doing all day?

Now that it was evening, Jesus and His disciples were going to the other side of the lake. What happened that made the disciples afraid?

Where was Jesus during this time?

The disciples were fishermen. They were on the water every day! This must have been quite an unusual storm to frighten them. What did Jesus do?



WHAT DOES IT MEAN?

These fishermen had been with Jesus every day. He had been teaching them. Why were they afraid of the storm?

What did they think might happen?

What does that tell you about their faith?

Jesus spoke to the wind and waves. When had they heard His voice before? (See Genesis 1:3)

Why did it surprise the disciples when the storm stopped?

Do you think the disciples really understood who Jesus was?

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