

Storms | Lessons from the storms of life

INTRODUCTION:

Storms. They are very much a part of our life. We live on an ever changing planet with constant weather patterns that produce all types of storms. It's not a question of if a storm will strike, but rather when and how intense it will be. In much the same way we will encounter storms on our spiritual journey through life. Sometimes they come quick and other times we can see them coming from a long way off. It's not a matter of if they'll come, but when and the real questions will be how and what. How will we handle the storms that arise in our own lives? What will be the lessons we learn from our storms?

DISCUSSION QUESTIONS:

1. Typically in life you are either approaching a storm, going through a storm, or just coming out of one. Where would you say you are right now? Reflect over the last year of your life. How many storms have come from bad choices versus circumstances beyond your control?
2. Read Mark 6:44-53. When a storm arises in your life do you tend to start rowing harder? Why or why not?
3. What lesson(s) do you think Jesus is teaching his disciples in this story?
4. Based on how you've dealt with storms in the past what is a key take away for you from Mark's story?
5. Would you say the sovereignty of God brings comfort or challenges for your life? Why?
6. Read James 1:2-4. How do these verses inform our understanding of how to handle life's troubles?

TAKE A STEP

Take some time right now. If you're alone meditate on and pray Psalm 23. If you are in a group take some time and pray these verses for someone else. Personalize it for that person. Psalm 23:1(NIV) states-"The LORD is my shepherd, I lack nothing." So, for example, you could pray-"Father, may _____ know each day that you are his/her shepherd. Help them to trust in the Shepherd and ease their anxiety." It's often hard to see what God is teaching us during the storm, so the next time you come through one of life's storms take some time to reflect on the lesson you learned through the storm. Look for someone who may be going through a similar storm and share with them what you learned.

REMEMBER & MEDITATE

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." James 1:2-4