

**CAN YOU  
SLEEP  
THROUGH  
A STORM?**

**MARK  
4:35-41**



**I. Jesus had a relationship with His disciples that allowed Him to sleep (Mark 4: 35-36).**



- **In what ways do trusting relationships make it easier for us to have peace?**
- **Do you have the kind of close friendships that allow you to be at peace?**

**II. A furious storm with huge waves was not able to disturb His sleep (v.37).**



- **If you had been in the midst of this serious storm, how would you have felt?**
- **What kinds of emotional storms have you faced that made it hard for you to sleep?**

### III. Others mistook His ability to sleep as a demonstration of unconcern (v.38).



- What is wrong with trying to keep up a pretense of always being busy?
- If the ability to sleep through a storm does not demonstrate a lack of concern, what does it show?



# IV. Jesus shows that God has power over any storms we might face (v.39).

- What did these actions of Jesus demonstrate to His disciples then –and to us?
- How does your outlook change when you realize that Jesus can calm any storm?



V. Fear and a lack of faith make us unable to sleep through a storm (v.40).

- “Why are you afraid?”



- “Do you still have no faith?”

# VI. "Who is this? Even the wind and the waves obey Him! (Mark 4:41).

- How do you describe this One who controls the storms of life?
- What response will you make to this One who controls the storms of life?





# **Lesson Aim:** To have a depth of faith that allows real rest during our own storms.

- Are you comfortable around your Christian family?
- Are you laboring for God so that you need rest?
- **“Why are you afraid?”**
- **“Do you still have no faith?”**
- How much faith do you have in the One who stills storms?
- How much faith do you want?
- **-How can we help?**

