

Fighting Discouragement:
How can I remain positive in the midst of a storm?



What is a **storm**?

(noun) a disturbance of the normal condition of the atmosphere, manifesting itself by winds of unusual force or direction, often accompanied by rain, snow, hail, thunder, and lightning, or flying sand or dust.

Read from Mark 4:33-41.

Use the questions below to guide you as we discuss the scriptures.

- What was the timing of the storm?
- Who initiated the storm?
- What happened that made the disciples (followers of Jesus) fearful?
- Where was Jesus in the storm?
- What was the complaint the disciples had when they woke Jesus up from His sleep?
- How did the storm end?
- What was their response to the storm ending?



How can I remain positive in the midst of a storm?

Step One: Surrender to the One who is in control, God.

Step Two: Remember that like all storms, there is an appointed time for your storm to end. (Ecclesiastes 3:1-11)

Step Three: Have faith not fear! (Mark 4:40)

Step Four: Trust that God is never sleeping through your storm. You matter to Him. Your storm matters to Him.

Step Five: Your storm is taking you to the other side.

And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him!"

This story doesn't end in Mark chapter 4 with Jesus and the disciples in the middle of the sea during a tumultuous storm. Your story doesn't end wherever you are, either. One day, the wind will settle, the rain will stop, and the storm will clear. You **will** make it to the other side.

Often times, like with the disciples, our storms disrupt our comfort. But every storm has the power to strengthen our faith if we let it. The upside to enduring a storm comes from the fact that storms can strengthen us so we are fit to confront the spiritual battle ahead. **Mark 5:1-4** transitions us out of the boat, on to the shore, and straight into a spiritual war. Your storm comes with power, it uproots and unhinges everything that isn't bolted or nailed down. Let's anchor our lives in faith so that we can become strong enough through Christ to fight the battles ahead. So while you make your way through this storm...

"Peace, be still!"