#### "BE NOT AFRAID OF SUDDEN TERROR"

(Mark 4:1, v35-41, 5:1)

#### INTRODUCTION

(Proverbs 3:25-26) "Do not be afraid of sudden terror (storms, fear, trouble), ... For the Lord will be your confidence, and will keep your foot from being caught

All of us have experienced "sudden fear" (various times and degrees of severity).

# 1. THE PROBABILITY OF "STORMS" IN OUR LIFE

(v37) "And a great windstorm arose, and the waves beat into the boat" - the elements of a perfect storm were gathering: the disciples are tired from all-day listening and Jesus is tired from all-day teaching, it's night-time, and now they decide to cross the sea.

We are heading into a storm, in a storm, or emerging from a storm.

# 2. THE PRESENCE IN THE "STORMS" OF OUR LIFE

(v38) "but He (Jesus) was in the stern, asleep on a pillow. And they awoke Him and said to Him, Teacher, do You not care that we are perishing?"

In the midst of the storm, we ask, "Where is God when we need Him?" and the answer is, "He's in the boat with us, and, yes, He cares." (1 Peter 5:7)

#### 3. THE PEACE IN THE "STORMS" OF LIFE

(v39) "Then He arose and rebuked the wind, and said to the sea, Peace, be still. And the wind ceased and there was a great calm."

On this occasion, the storm ceased; however, what if the storm does not stop?

(John 16:33) "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation, but be of good cheer, I have overcome the world"

When you call for help, He hears.

### 4. THE PURPOSE OF "STORMS" IN OUR LIFE

(v40-41) "He said to them, Why are you so fearful? How is it that you have no faith?"

Storms will demonstrate God's power, strengthen our faith, move us to run to Him. (Psalm 119:67, v71)

# 5. THE PROMISE FOR THE "STORMS" IN OUR LIFE

Remember how this story begins, (v35) "Let us cross over to the other side."

If Jesus names a destination, it is certain the disciples will arrive there! (John 14:1-3)

CLOSE: (Psalm 46:1-3; Psalm 56:3-4; Isaiah 12:2-3; Hebrews 13:5-6)