





Mark 4:35-41

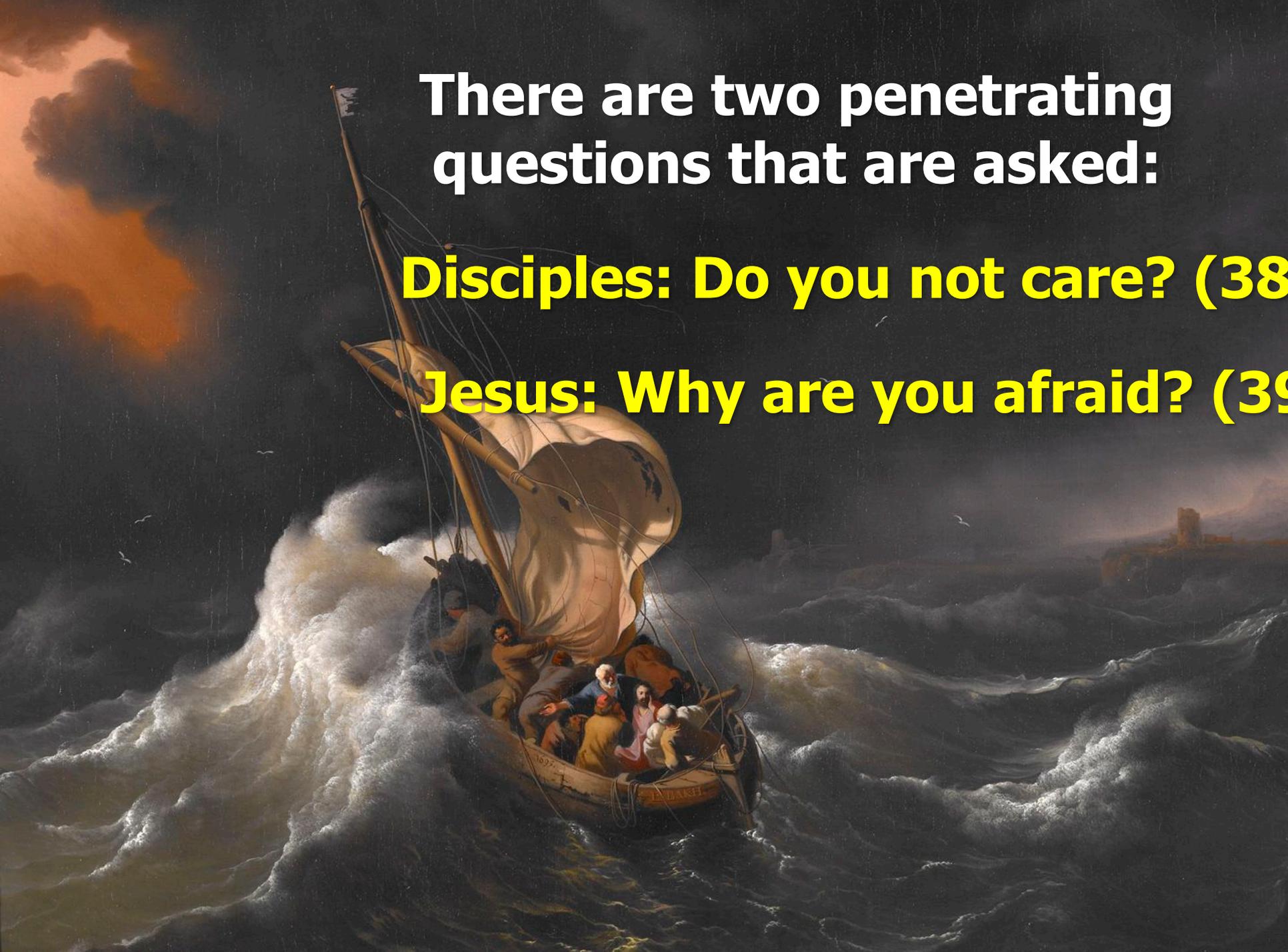
This section of Mark demonstrates that Christ has all authority in Heaven and Earth

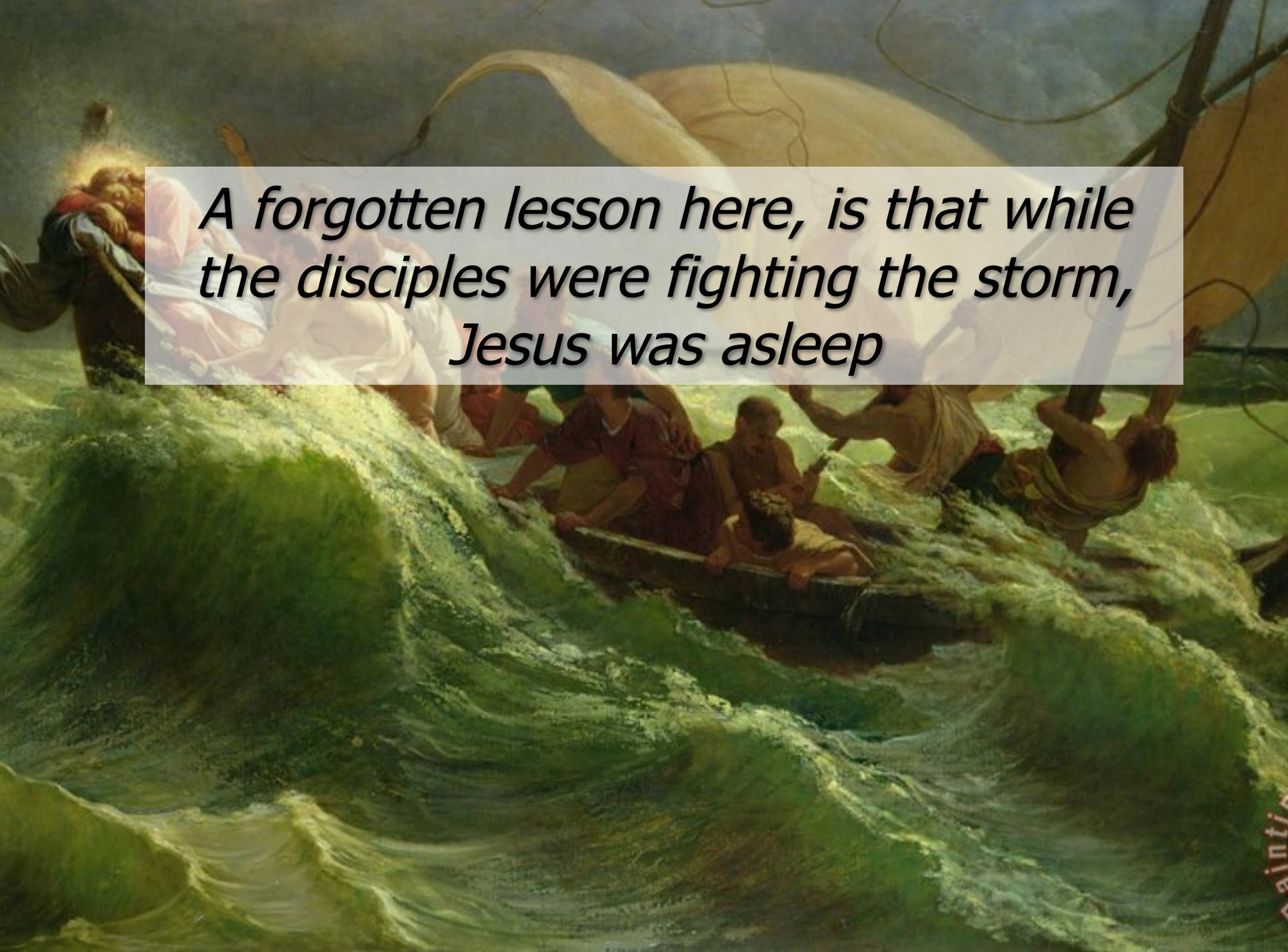
- **He changes the weather**
 - **He controls the spirits**
- **He cures the incurable**
 - **He speaks to the dead and they obey Him**

There are two penetrating questions that are asked:

Disciples: Do you not care? (38)

Jesus: Why are you afraid? (39)



A dramatic painting depicting the biblical story of Jesus sleeping in a boat during a storm. The scene is set on a turbulent sea with large, dark, churning waves. In the foreground, a group of men, presumably the disciples, are shown in a state of panic and struggle, leaning over the side of the boat and using long poles to brace against the waves. The lighting is dramatic, with a bright light source from the upper left, possibly representing the moon or a break in the clouds, illuminating the scene. The overall mood is one of intense action and divine calm. A semi-transparent white box with black text is overlaid on the upper portion of the image.

*A forgotten lesson here, is that while
the disciples were fighting the storm,
Jesus was asleep*

What keeps you up at
night?





Our families keep us up

A man with a beard and short dark hair is lying in bed, looking thoughtful. He is wearing a white t-shirt and is partially covered by a light-colored blanket. His hands are clasped near his face. The background is a plain white wall.

Storms in life keep us up

- ***our jobs***
 - ***aging parents***
- ***family problems and money matters***

Luke 10:40-41 “But Martha was **distracted** with all her preparations; and she came up to Him, and said, ‘Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me.’ But the Lord answered and said to her, ‘Martha, Martha, you are **worried** and **bothered** about so many things.



**These things are
choking our faith**



Luke 8:14 “And the seed which fell among the thorns, these are the ones who have heard, and as they go on their way they are choked with worries and riches and pleasures of this life and bring no fruit to maturity.”

A close-up photograph of a man in a dark suit and white shirt. He is looking upwards and to the right with a thoughtful expression, his hand held to his mouth with fingers curled. The background is a plain, light-colored wall.

The Dangers of Worry: Matthew 6

Distracts (26)

**Doesn't accomplish anything
(27)**

Distorts our memory (28-30)

**Destroys faith
(31-32)**

Jesus tells us NOT to Worry
(Matthew 6:25,31,34)



How do I deal with these worries and storms in my life?

Mark 4:40 “Why are you so afraid? How is it that you have no faith?”



Maybe the answer is not, how do I fear less, but how do I trust God more.



Jonah 1:4-6

1. Do what you 2. Pray to God

3. Trust and follow God's will

Mark 5:35-36 “While He was still speaking, they came from the house of the synagogue official, saying, ‘Your daughter has died; why trouble the Teacher anymore? But Jesus, overhearing what was being spoken, said to the synagogue official, ‘Do not be afraid any longer, only believe.’”



Keeping You Up

