

Anxiety – Calm in the Storm

Mark 4:35-41 On the same day, when evening had come, He said to them, "Let us cross over to the other side." ³⁶ Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. ³⁷ And a great windstorm arose, and the waves beat into the boat, so that it was already filling. ³⁸ But He 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?" ³⁹ 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. ⁴⁰ But He said to them, "Why are you so fearful? How *is it* that you have no faith?" ⁴¹ And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him!"

Mark 4:35 On the same day, when evening had come, He said to them, "Let us cross over to the other side."

- Why were they in this situation? Because they were following Jesus.
 - Jesus is the one that put them in that boat.
 - Did God know a storm was coming? Yes!
 - Did He still direct them to go? Yes!
 - Sometimes, following Jesus leads us into storms.
 - Storms are not an indication that we are going the wrong way.

Mark 4:37 And a great windstorm arose, and the waves beat into the boat, so that it was already filling.

- This was not a small storm. This was major. The boat is filling. It looks like they are going down.
 - Storms can feel that way.
 - When we apply logic, or worldly wisdom – there is nothing to be done. Anxiety is the answer.

Mark 4:38 But He 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?"

- They woke up Jesus.
 - It was great that they went to Jesus. But they did not go to Jesus with faith. Do You not care that we are perishing?
 - They did not have faith. So what were they expecting Jesus to do? "Hey Jesus, here's a bucket. At least you could start bailing!"
- Going back to Jesus – He was asleep. How is Jesus asleep while everyone else is panicking?
 - They are all on the same boat. They are all in the same situation.
 - The disciples are looking at the situation. That is where their attention and focus is.
 - Jesus went to sleep thinking about the other side because that is where His focus and attention was.
 - Jesus knew His calling at that moment was to go to the other side. That's where God told Him to go, so He trusted His Father completely to get Him there.
 - How difficult is it to trust our Father to get us to where He has called us?
 - Was Jesus being irresponsible? No. He simply knows the goodness of His Father.
 - But wasn't there real danger around? Wasn't the situation real? Wasn't the boat sinking?
 - Yes. But Jesus trusted His Father to take care of the situation. Wake Him if He needed to wake. Give Him wisdom for when it was needed. Whatever.

Mark 4:39 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.

- Jesus wakes up and takes care of the situation.
 - He commands the storm to be peaceful. He brings peace to the storm.
 - He does not respond to their outcry of do you not care.
 - That is not because He was mad or didn't want to deal with panicky disciples.

- He showed He cared by taking care of the situation. That is one of the ways God shows His love for us.
 - Have you experienced the love of God this way?
 - **Insert story here of experiencing God taking care of me. (maybe vending machines)**

Mark 4:40-41 But He said to them, “Why are you so fearful? How *is it* that you have no faith?”⁴¹ And they feared exceedingly, and said to one another, “Who can this be, that even the wind and the sea obey Him!”

- Now that it is peaceful, Jesus teaches them a lesson.
 - Why are you afraid? Do you not have faith?
 - This is the lesson for our lives today. Do we have faith?
 - Our fear is indicative of our lack of faith.
- Now, the disciples that were initially afraid of the storm stand in awe and wonder of Jesus. Their eyes are clearly fixed on Him.

And this is key. Where is our gaze? Is it on the storm – that we can probably do nothing about?

Or is it on Jesus, who can calm the storm and take care of us?

Our faith comes from realizing who He is. We realize who He is by looking to Him, being in Him and experiencing Him.

We skipped over vs. 36

Mark 4:36 Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him.

And other little boats were also with Him.

- Also note – Other little boats were also with Him. How we respond to the storm will impact others around us.
- Those in the other boats also benefitted from the calming of the storm.
- People around us, when they see the storms we sleep through will also benefit from our ways of going through storms.

- **2 Corinthians 1:3-4** Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

Dealing with Anxiety

Luke 22:41-44 And He was withdrawn from them about a stone's throw, and He knelt down and prayed, ⁴² saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done." ⁴³ Then an angel appeared to Him from heaven, strengthening Him. ⁴⁴ And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.

- Jesus is experiencing anxiety
 - Sweating blood = anxiety
 - Anxiety itself is not a sin, it is an emotion
 - How we handle that is a choice. Choices have morality.
- What does He do about it? He prays
 - What does He pray? Let this cup pass from Me.
 - Is His prayer answered? Kinda. He still drank from that cup.
- Whether or not we get the answer that we prayed for – we always get an answer.
 - Jesus still had to take that cup. Go through Calvary to get to redemption for us.
 - But now He faces it without anxiety.
- After the Garden, we do not see Jesus being anxious. We see Him steadfastly facing the cross. We see Him heal one that came to arrest Him. We see Him calmly answering Pilate and Caiaphas. We see Him forgiving others.
- **Peace is not dependent on the answer you get. It is dependent on the relationship you connect with.**

The formula for dealing with anxiety

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

- This is not a command to not be anxious
- This is a verse saying that when you are anxious, here is the best choice for how to deal with it
- Remember, emotions are not sin. Jesus experienced emotions. God experiences emotions.
- God created our emotions
- We also cannot judge spirituality by our emotions, or someone else's

So what is this verse saying?

- When you experience anxiety, stop looking at what is giving you anxiety, and bring it to God (that's prayer and supplication)
- Then trust God. (That's thanksgiving).
- When we stop connecting with the source of our anxiety and start connecting with our Heavenly Father, then peace comes.
- It is about the relationship. Connecting with God in a pure way – acknowledging who He is (the thankful part) will bring peace
- A peace that passes understanding (doesn't make sense).
- It may not make sense because the storm may not be calmed.
 - It may. Or He may just calm you.