God – an ever present help in trouble

**Storms**

1. Have you ever been in a severe storm? Take the time to describe the event and the emotions/feelings that came with it.

2. Why do you think we use the term storm to describe difficult times in our lives?

3. What are the emotions/feelings that come with difficult times in our lives?

4. List some events and circumstances that we would consider “storms” in life?
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5. What are some storms that you have encountered in your life?

DIGGIN’ IN

Jesus is ALWAYS there!

In this week’s message we saw that the disciples had an obstacle (the lake) that kept Jesus from them and circumstances (the waves buffeting their boat) that made it difficult to both see Jesus and recognize Him. The term buffeting here means to torture and torment (their boat was tortured and tormented by the waves).

6. How do life’s storms torture and torment our faith? What are the thoughts that go through our minds in times like these?

7. Although we can feel alone in the midst of a storm this is not the truth. Read Hebrews 13:5-6. What do you see in here that is an encouragement in the midst of storms?
8. Often the obstacles in our lives seem insurmountable and seem to keep us separated from God’s presence. The storms in life seem to so cloud our vision that we can’t see God in the midst of it. Romans 8:35-39 speak to these things that seem to be true. According to this passage what is the truth about the ability of obstacles and storms to keep us from God?

9. List the things here that cannot keep us from the love of God that is in Jesus Christ our Lord.

**APPLYING ALL THIS**

Even though we have looked at the truth regarding what effect obstacles and storms have on our interaction with God, we still often find ourselves full of anxiety and fear. Fortunately, God knew we would struggle in this way and told us what to do about it. Take the time to read Philippians 4:6-7.
10. This is a very common verse, so much so that we often fail to apply its remedy. What does God tell us to do when anxious and fearful?

11. This passage tells us to pray – using prayer and petitions. If you looked at the Greek terms used here, one means privately praying and the other is having brothers and sisters in the Lord pray for you. What is the promise as we put this into practice?

12. It would be very fitting to take the time to pray for one another – specifically to pray for the storms and obstacles that people are facing.

A final passage to meditate upon that is helpful in storms is Psalm 46. Spend some time reading and meditating on its truths and be blessed by His presence.