

Navigating The Storms of Life

WATCH



LISTEN



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REVIEW

On this mothers day we are reminded that moms carry a heavy burden daily; juggling home life, kids' schedules, appointments, work, and countless unspoken worries. Yet, even as they appear superhuman, moms – like all of us – need true peace that only Jesus can provide. Like Jesus calming the storm in Matthew 8, we're reminded that His peace doesn't always remove chaos but brings calm within it. Through the Holy Spirit, Jesus promises His presence and peace assuring us we're never alone no matter what we face.

MY STORY

1. In stressful times, what's your first instinct – fix the problem, find someone to talk to, or try to ignore it and why?

2. What are some ways people try to “manufacture” peace instead of receiving it from Jesus?

DIGGING DEEPER

Read Matthew 8:23-27

1. Why do you think Jesus was sleeping during such a dangerous storm?

2. Have you ever felt like Jesus was “sleeping” during one of your storms? How did you respond?

3. What does Jesus' question, "why are you so afraid?" tell us about what He expects from His followers during storms?

4. Why do you think Jesus addresses the disciples' faith before calming the storm itself?

Read John 14:25-27

5. What do you think Jesus means when He says, "Do not let your hearts be troubled? And do not be afraid"?

6. Why is it important that Jesus gave this promise just before He was about to suffer and be crucified?

7. How can you recognize when you are seeking “the world’s peace” (distractions, denial, busyness) instead of Jesus’ peace?

8. How does the story of Shadrach, Meshach, and Abednego in Daniel 3 show us what it looks like to trust in God’s presence rather than be ruled by fear?

TAKE IT HOME

1. How can you remember that Jesus is in the boat with us, even when it feels like he’s sleeping?

2. In what ways can we shift from being reactive to being-faith driven when storms arise?

3. What does it look like for us to be people of peace and carry Jesus' peace into our homes, our workplaces, and my relationships?

"God is our refuge and strength, an ever-present help in trouble."

Palms 46:1

PRAYER

SAYING YES TO JESUS

If you have not made a decision to accept God's forgiveness through what Jesus did on the cross, you can pray this prayer:

"Lord Jesus, for too long I've kept you out of my life. I know that I am a sinner and that I cannot save myself. No longer will I close the door when I hear you knocking. By faith I gratefully receive your gift of salvation. I am ready to trust you as my Lord and Savior. Thank you, Lord Jesus, for coming to earth. I believe you are the Son of God who died on the cross for my sins and rose from the dead on the third day. Thank you for bearing my sins and giving me the gift of eternal life. I believe your words are true. Come into my heart, Lord Jesus, and be my Savior. Amen."

If you prayed this prayer, we would love to walk with you on this new life you are beginning. Visit us at www.np.church/nextsteps and click on "I Made A Decision To Follow Jesus"