

International Conversation Cafe

Bible Topic: Fear

Have you ever thought about what makes people afraid? Sometimes we are afraid because something bad may happen to us. If we get a terrible disease, we are afraid we may suffer and die. If we fail a course at school, we are afraid we cannot achieve the career we wanted. If we are honest with someone, we fear that we may lose his or her friendship. Fear can keep us from acting with honesty, truth, and love. It can keep us from trusting God who loves us more than we can imagine.

What are some of your fears?

Jesus Calms the Storm

Have you ever been on a boat when a storm comes up? Or perhaps you have been on an airplane when it develops mechanical problems. It can be a terrifying experience. The disciples experienced such terror; they felt sure they were about to die.

Mark 4

35 When evening came, Jesus said to his disciples, "Let's go over to the other side of the lake."

36 They left the crowd behind. And they took him along in a boat, just as he was. There were also other boats with him.

37 A wild storm came up. Waves crashed over the boat. It was about to sink. 38 Jesus was in the back, sleeping on a cushion. The disciples woke him up. They said, "Teacher! Don't you care if we drown?"

39 He got up and ordered the wind to stop. He said to the waves, "Quiet! Be still!" Then the wind died down. And it was completely calm.

40 He said to his disciples, "Why are you so afraid? Don't you have any faith at all yet?"

41 They were terrified. They asked each other, "Who is this? Even the wind and the waves obey him!"

Discussion Questions

1. *What are the main events of the story?*
2. *What did you observe about disciples?*
3. *What did you learn about Jesus?*
4. *Think about your fears. How can the words of Jesus calm you?*

Notice the Painting

The storm is an analogy for difficulties we face in life.

Describe the emotion of the disciples.

How is it that Jesus can sleep among such turmoil?



Delacroix, Eugene. Christ on the Lake of Gennezaret (sketch). c.1841. Oil on canvas, 46x54 cm. Nelson-Atkins Museum of Art, Kansas City.

Jesus helps us live without fear. Paul, writing to his protégé, Timothy, reminds him;

"God didn't give us a spirit that makes us weak and fearful. He gave us a spirit that gives us power and love. It helps us control ourselves."

How can we find courage in the "storms of life?"