

# EPIC

*A journey through the Gospel of Mark*

## **WEEK 5** **STUDY GUIDE**



**CENTRAL**  
CHRISTIAN CHURCH



## MONDAY, MARCH 28, 2022

**Read:** Mark 4: 35–41

**Scripture Verse:** *That day when evening came, he said to his Disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. –Mark 4:35–36*

### Today's Thought:

The story of Jesus calming the storm is also found in Matthew (8:23–27) and Luke (8:22–25) with no considerable variations one from another. Verse 4 of this chapter said that Christ had been preaching. After all day preaching, he was tired from the multitude of people who pressed upon him, and He gave an order to his disciples to cross the sea, and to go over to the other side.

"Go to the other side," was Jesus's initiative and we see that his disciples followed his initiative "...they took him along..." v36. Just like the disciples, we must follow Jesus' directive in all circumstances. Thus, without complaining, and leaving the crowd behind, the disciples took him along in order to continue the work to set the captives free and to share the message of salvation. Unfortunately, things grew worse. ***"A furious squall came up, and the waves broke over the boat, so that it was nearly swamped"*** v37.

Regardless of the difficulties you are having today, know it well, Jesus experienced it before you. Don't give up. Jesus is inviting you, "Let's go to the other side". Jesus moved from one place to another doing his work, sowing seeds all the time in all lands in all circumstances. He invites us today to go to the other side. We don't know what the other side might bring, but if it is Jesus who asked you to go over to the other side, He will not let you go alone.

The disciples listened to Jesus' directive to cross to the other side. He knew what would happen to them. He knew that they had to face a storm.

Be still. Jesus is there at the heart of our storms. He is so powerful and will give you His peace that no one can take from you. He is with you always, to the very end of the age. Jesus himself is all you need in your boat, there is no need to panic, no need to search desperately somewhere else. Jesus knows all the difficult moments that are coming in our lives. Be still, He is enough! I don't know what you are going through at

this moment, but I do believe God is able to make everything alright in his perfect timing. God is working something good for you if you decide to hear his voice, humbly submit to him telling you, "Go over to the other side."

- Have you heard Jesus speak to you?
- How did you respond?
- Since your encounter with Jesus, how have you experienced Him in a new way?
- If you hear the voice of Jesus telling you, "Go over to the other side", are you ready to go whatever the cost?
- What does it mean for you to "listen to Jesus"?

**Further Reading:** Matthew 13:20-23

## TUESDAY, MARCH 29, 2022

**Read:** Mark 4: 35-41

**Scripture Verse:** *“Jesus was in the stern, sleeping on a cushion...”* -Mark 4:38a

### Today's Thought:

Many of us don't seem to understand why sleep is so important or we just ignored its value. Sleep is one of the activities that gets compromised when we have too much to do. It seems sometimes 24 hours in a day does not enough.

According to Eric J. Olson M.D of Mayo Clinic, the optimal amount of sleep for most adults to function properly is seven to eight hours of good sleep each night. He continued to say that when we don't sleep our immune system is the first to be affected, more likely to get sick after being exposed to a virus. Sleep is very important because it boosts the immune system, improves the memory, restores and energizes, stimulates creativity, helps with weight management, helps stay mentally and emotionally fit, and improves concentration and productivity. Prioritizing sleep is not something that we should not take for granted.

Mark 4:36 says that Jesus was in the back of the boat, He was asleep with his head on a cushion. Jesus had been so busy all day that he need rest away from the crowds.

This verse shows us a beautiful picture of the humanity of Jesus, by giving us the example of resting. Being tired and needing to rest is neither a sign of laziness nor a sin. Jesus rests during his earthly ministry because he was 100% man like us. After an eventful time of ministry healing lepers (Matt.8:1-4), healing the centurion's servant (Matth.8:5-13), and healing at Capernaum (Matt.8:14-17), He needed rest.

It is normal us to rest after a busy day. Taking time to rest can have many benefits for both your mental and physical wellbeing. We need rest to start a new day, to boost our immune system, and it helps us deal with fatigue. Rest helps us feel more positive and make better decisions. If Jesus slept on the storm, it is very important for you to hit the breaks regularly for your wellness and the wellness of your family, your ministry, and your work. Likewise, you will enjoy the new day that the Lord has given you.

*"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ." 1 Thes.5:23.*

- Do you take enough time for sleep?
- What are the signs challenges you see in your mind and body when you don't get enough rest? How do you feel when you are rested?
- What will you do to make sure you follow Jesus' example of rest?

**Further Reading:** 1 Cor. 6: 19-20

## WEDNESDAY, MARCH 30, 2022

**Read:** Mark 4: 35–41

**Scripture Verse:** *The disciples woke him and said to him, “Teacher, don’t you care if we drown?”* – Mark 4:38b

### Today’s Thought:

*“A friend loves at all times, and a brother is born for a time of adversity”*  
Prov.17:17.

Living in this troubled and desperate world, everyone needs help. Who do you reach out to? Who do you go to for safe shelter?

The twelve disciples have seen Jesus heal physical sickness, cast out demons, teach mobs, and much more. Despite all this, it seems that the disciples don’t think that Jesus has authority over nature. On the boat, they panicked. In such a crisis, the disciples go back to what they know about this sea. Some of them know that storms on the sea of Galilee are not something to take for granted. They know that storms on this sea are too dangerous for even the most skilled fisherman. They understood how easy the boat might sink and they would drown.

Was it reasonable for the disciples to be afraid while Jesus was in the boat? In the face of great danger, when we walk through the darkest valley it is difficult for us to think clearly. Our great fear and worry are driving our thinking and decisions.

This was the case for the disciples. *“Teacher, don’t you care if we drown?”* v38b. The disciples felt lost and wondered where to go. There was a lot of pain, desolation, frustration and confusion to work through. Finally, they called on Jesus. Fortunately, Jesus was in the boat! They knocked at the right door. They called the teacher. They called “Emmanuel” mean “God is with us.” The role of the teacher is to help his students. The disciples are fortunate enough they have a loving teacher who cares about them even in their misunderstanding. Our loving teacher never breaks His promises. *“And call on me in the day of trouble; I will deliver you, and you will honor me.”* Psalms 50:15.

He is concerned about your difficulties and tragic situations. If you reach out to Him he promises to never leave you or forsake you. He does care about what is going on in your life. Even though you don’t hear his voice asking, “How are you doing?” Be still! He is working on your behalf.

*“For I know the plans I have for you” declare the lord, “plan to prosper you and not to harm you, plans to give you hope and a future” Jeremiah 29:11.*

Our teacher is not like our enemy. Our enemy the devil prowls around like a roaring lion looking for someone to devour.

Praise the Lord our Master, our Teacher, is not the same. The devil wants you to think Jesus doesn't care about you. Stop worrying! Focus on God and enjoy your victory. Do not be overwhelmed this difficult time or by the waves of worry and fear. Jesus rebuked the wind and spoke to the sea "Peace! Be still!" You have the same power in your words because Jesus gave us power and authority.

- What are your fears and worries? Take a moment to write them down.
- Think of a trusted person in your life to share these fears with. Make a plan to talk with them.
- Who or what is your Master? On a scale of 1-10 how much do you depend on Jesus as your Master?
- Make a list of the ways that Jesus can be your Master during difficult times

**Further Reading:** Matthew 6: 25-34, Philippians 4:6

## THURSDAY, MARCH 31, 2022

**Read:** Mark 4: 35–41

**Scripture Verse:** *He got up, rebuked the wind and said to the waves, "Quiet!" Then the wind died down and it was completely calm.* – Mark 4:39

### Today's Thought:

The authority of our savior and Lord Jesus Christ is undisputed. He does everything wonderfully and no one can oppose him. His authority knows no borders, he exercises it anytime and anywhere. No one can stop him!

Mark 4:39 shows us clearly what a mighty savior we have. The previous verse said that the storm is raging and the boat was nearly swamped. The next verse says, "He got up." The Almighty is here. Jesus demonstrated his authority throughout his ministry. He showed his authority by his teaching in the synagogue in Capernaum (Mark1:22) and demons bowed down and trembled before his authority (Mark1:24). He continued to show his authority in Galilee healing a lame man and forgiving sins (Mark2:10). Then He controls the forces of the nature, rebukes a storm, and calms the waves (Mark4:39).

Jesus addressed the storm with the authority commanding the wind a wave to be still. Jesus is the creator of everything (Genesis1:26), and He has dominion over all creation (Colossians 1:16). The disciples have seen Jesus' authority over sicknesses, demons, etc... now they see it over the weather. He ordered the storm to stop raging and blowing. Their eyes began to open to who Jesus really is. Jesus calmed the storms for his disciples.

What storm are you facing now? Financial storm? Relationships? Sickness? Peace of mind? Don't worry! As believers, when difficulties and problems arise, you don't have to be overwhelmed, the almighty is with you, and He is in you. If you decide to journey with Jesus, expect obstacles and difficulties throughout the trip, but also know you will get through. "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me" Psalms23:4.

You have the same power in your words, he gives you the same authority. Have faith in your ability to declare healing, peace over your home, over your finance, over your mind, and over your family.

Dear God, I thank you for your love for me and my family. Thank you for your Son, Jesus. Help me to cling to him in complete trust when the storms are raging in my life. Lord Jesus, be my refuge, my shelter, my safety place, the captain of my boat. Don't let any kind of storms hit my boat. If the troubles come, keep me safe in your dwelling place.

- Do you recognize Jesus' authority? How does it work in your life?
- How can Jesus help you overcome the storms of your life?
- Do you need help? Please reach out to Central Pastor's if the storm of life is more than you can handle alone.

**Further Reading:** Psalm 27:1-6, 1 Peter 5: 6-7

## FRIDAY, APRIL 1, 2022

**Read:** Mark 4: 35–41

**Scripture Verse:** *He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”* – Mark 4: 40–41

### Today’s Thought:

Are you carried away by constant negative thoughts? Fears, doubts, negatives thoughts and anxieties are a natural part of life. It is normal to fear about an unpaid bill, about your family, about a safe place to live, about your future, about the education of your children, etc. Someone said, “We can’t stop the black birds from flying over our heads, but we can stop them from nesting there.” What do I mean? When fear becomes excessive, when it’s persistent and uncontrollable you become vulnerable.

Knowing what damage fear can cause in our life, Jesus tells us not to be afraid. Fear is not God’s plan for us. He gave us authority over fear, doubt, and worry. In verse 40 of this chapter, Jesus urged his disciples to have faith in him amid this horrible storm that tears apart their boat and even beyond this storm. Jesus’ miracle working power was on the inside of them, but they just needed to take their authority and apply their faith.

We too, have the miracle working power of Jesus inside of us. No matter what storms may come against us, we don’t need to be afraid because the “Great and Mighty” lives on the inside of us. He empowers us to gain the victory.

When the terrible storms hit your life, don’t look at them with your physical eyes, use your eyes of faith that God has given you. Build your faith in Jesus through your own experiences with Him. Crisis and fear will always come. In this world you will have trouble but take heart, our Lord has overcome the world. Thus, if you cry out, He will hear you. He will save you. He will deliver you from all your troubles.

Constant fear can sap your faith and make it difficult to concentrate in prayer, Bible study, and affect your relationship with God. Constant fear is harmful, it can affect your physical and your spiritual health. Your faith is very important today. I am talking about the saving faith which is our empty heart looking forward to receiving the gift of God which only God can give. *“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”* Romain 6:23

- Do you allow fear to control your life? In what ways?
- When terrible storms hit your life do you look at them with your physical eyes?
- How does the trouble of this world affect your faith?
- What does “saving faith” mean to you?

**Further Reading:** Matthew 17:18-20

# NOTES







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