

Shh! Peace. Be Still.

By Shari Miller



Remaining calm in and through stressful situations can be a challenge for most. Share with a partner or your small group methods used by some to strive for that calm during a life crisis. How do you keep calm during crisis?

Opening Prayer: Dear God of Peace, You created us and love us! However, we are by our sinful nature Your enemies. Our sin separates us from You. Our Savior Jesus came to live a perfect life, suffer, die for our sins, and rise from the dead. He is our Peace and restores our relationship with You. Thank You for giving us the Holy Spirit Who works through Word and Sacraments to give us faith in Jesus and continually points us to Your peace, *which surpasses all understanding* (Philippians 4:7). Give us Spirit-fueled wisdom, insight, and calm as we study Your Word. In Jesus' name we pray. Amen.

Powerful Peace

In our study, we focus on the account of Jesus calming the storm in **Mark 4:35–41**. As a group, list the reactions and feelings of Jesus' disciples during the midst of chaos and following the storm. _____

List some of the physical and mental storms we face in life — threats to both body and soul. What reactions and feelings do these storms produce in us? _____

Our Savior-God spoke with authority over the wind and the waves. He spoke with power (verse 39) and nature's storm obeyed. Look up the following Bible passages and identify over what or whom God speaks (and acts) with powerful authority.

Genesis 1:3, 6, 9, 11, 14, 20, 24 _____

Exodus 6:6 _____

Matthew 4:4, 7, 10–11 _____

Matthew 17:22–23 _____

Mark 5:34 _____

Mark 9:25–27 _____

Luke 7:14–15 _____

Luke 7:48 _____

John 19:30 _____

In **Psalm 46:10a**, our Lord gives us the cure for anxiety during stress and crisis. He says straightforwardly: "*Be still, and know that I am God.*" Jesus says to our storms: "*Peace! Be still!*" (verse 39) and we have calm in the midst of chaos. Perhaps this section of Mark (4:35–41) could be subtitled: "*Shh! Keep calm. Jesus is in the boat.*"

Faith Talk: Share with a partner or the small group a time when the Lord through His Word gave you calm in the midst of a personal or physical storm in your life.

Promised Peace

A children's song entitled "I'm in the Same Boat with Jesus"[®] reminds us that the boat ride through life isn't always steady or calm. The song concludes with the refrain: "I'm in the same boat with Jesus and that's where I want to be. I'm in the same boat with Jesus, no matter how rough the sea. 'Cause Jesus won't let me sink, He proved it on Calvary." Read **Luke 2:13–14**; **Romans 5:1**; and **Ephesians 2:13–22**. Discuss how our Savior Jesus is our Peace. _____

As we go through the trials of life, perhaps we sometimes react as the disciples did in the boat. We might think that God is sleeping and inquire, "Teacher, do you not care that we are perishing?" (verse 38). We may ask, "God where are You? Why aren't You listening to me?" We forget the peace that God promises to His children. Identify specific promises from God in the following:

Psalms 4:8 _____

Psalms 91:11 _____

Proverbs 16:3 _____

Jeremiah 29:11 _____

John 14:27 _____

Acts 2:38 _____

Romans 8:28 _____

Philippians 4:7 _____

James 1:2–4 _____

Faith Talk: Share with a partner or the small group times when two of these promises of God sustained you through trouble and trials in your life.

Read **Romans 12:18** and **Romans 14:19**. How does our God of Peace want us to live with those around us? _____

Faith Talk: Share with a partner or the small group specific ways to *live peaceably with all* (Romans 12:18).

Perpetual Peace

Shh! *Peace. Be still.* (verse 39). The rough sea obeyed the God of creation and the boat was able to make it safely to the other side. What do the words found in **James 1:12** and **1 John 2:25** promise will be our final destination if we believe in Jesus as our Savior and Lord? _____

What feelings do Jesus' words in **Matthew 28:20b** and **John 11:25–26a** give to us who believe? How do they help us weather the storms we face in life? _____

Faith Talk: Share with a partner or the small group how the hope of eternal life in Christ Jesus can change your outlook even during trials and tribulations.

Shh! *Peace. Be still.* Jesus speaks to the wind and waves. Shh! *Peace. Be still.* Jesus speaks to our fearful and troubled hearts ... and there was a great calm.

Faith Walk:

1. Thank the Lord that Christ is your Peace. He has broken down sin's barriers of enmity and hostility between you and God the Father.
2. Ask the Holy Spirit to keep you in faith during the storms of life.
3. Look for ways that God's peace can be shared with a troubled world.
4. Make a list of the promises of God and keep them posted in a place that you read daily.

Closing Prayer: Speak or sing the words of "Be Still, My Soul" (LSB #752; LW #510; TLH #651).

Be still, my soul; the Lord is on your side;
Bear patiently the cross of grief or pain;
Leave to your God to order and provide;
In ev'ry change He faithful will remain.
Be still, my soul; your best, your heav'nly Friend
Through thorny ways leads to a joyful end.

Be still, my soul; your God will undertake
To guide the future as He has the past.
Your hope, your confidence, let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul; the waves and winds still know
His voice who ruled them while He dwelt below.

Be still, my soul, though dearest friends depart
And all is darkened in the vale of tears;
Then you will better know His love, His heart,
Who comes to soothe your sorrows and your fears.
Be still, my soul; your Jesus can repay
From His own fulness all He takes away.

Be still, my soul; the hour is hast'ning on
When we shall be forever with the Lord,
When disappointment, grief, and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul; when change and tears are past,
All safe and blessed we shall meet at last. Public Domain

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