



Shh! Peace. Be Still.

Leader's Notes and Bible Passages

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? **Answers will vary, but encourage everyone to share. Make it clear that everything confided within the group stays within the group. The leader should give an example of her own to begin discussion. Answers could include: prayer, reading God's Word, meditation, taking drugs to excess, drinking too much alcohol, exercise, sleep, play games, stay busy on projects, work many overtime hours, and go on a diet.**

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. **Answers will vary, but could include fear, lack of faith in Jesus, indignation at His sleeping.**

Mark 4:35-41 (Matthew 8:23-27; Luke 8:22-25) ³⁵ On that day, when evening had come, he said to them, "Let us go across to the other side." ³⁶ And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. ³⁷ And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. ³⁸ But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" ³⁹ And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. ⁴⁰ He said to them, "Why are you so afraid? Have you still no faith?" ⁴¹ And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

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? **Answers will vary, but encourage everyone to share. Answers could include real natural disasters such as floods, earthquakes, tornados, and the like; illness; disease; disability; financial ruin; relationships gone wrong; loneliness; depression; warfare; violence.**

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 **And God said ... and the world was created.**

³ And God said, "Let there be light," and there was light.

⁶ And God said, "Let there be an expanse in the midst of the waters, and let it separate the waters from the waters."

⁹ And God said, "Let the waters under the heavens be gathered together into one place, and let the dry land appear." And it was so.

¹¹ And God said, "Let the earth sprout vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, on the earth." And it was so.

¹⁴ And God said, "Let there be lights in the expanse of the heavens to separate the day from the night. And let them be for signs and for seasons, and for days and years, ¹⁵ and let them be lights in the expanse of the heavens to give light upon the earth." And it was so.

²⁰ And God said, "Let the waters swarm with swarms of living creatures, and let birds fly above the earth across the expanse of the heavens."

²⁴ And God said, "Let the earth bring forth living creatures according to their kinds—livestock and creeping things and beasts of the earth according to their kinds." And it was so.

Exodus 6:6 **God said He would deliver the people of Israel from the Egyptians ... and He did.**

⁶ Say therefore to the people of Israel, 'I am the Lord, and I will bring you out from under the burdens of the Egyptians, and I will deliver you from slavery to them, and I will redeem you with an outstretched arm and with great acts of judgment.

Matthew 4:4, 7, 10–11 Jesus withstood Satan's temptations using God's Word.

⁴ But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

⁷ Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'"

¹⁰ Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'"

¹¹ Then the devil left him, and behold, angels came and were ministering to him.

Matthew 17:22–23 Jesus told His disciples that he would be killed and would rise from the dead after three days ... and it was so.

²² As they were gathering in Galilee, Jesus said to them, "The Son of Man is about to be delivered into the hands of men, ²³ and they will kill him, and he will be raised on the third day." And they were greatly distressed.

Mark 5:34 Jesus healed disease with a word.

³⁴ And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

Mark 9:25–27 Jesus commanded the evil spirits to leave with His word.

²⁵ And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You mute and deaf spirit, I command you, come out of him and never enter him again."²⁶ And after crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, "He is dead."²⁷ But Jesus took him by the hand and lifted him up, and he arose.

Luke 7:14–15 Jesus raised the dead with a word.

¹⁴ Then he came up and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise."¹⁵ And the dead man sat up and began to speak, and Jesus gave him to his mother.

Luke 7:48 Jesus forgave sins with a word.

⁴⁸ And he said to her, "Your sins are forgiven."

John 19:30 Jesus gave up His life for the salvation of the world as He said, "It is finished."

When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit.

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. **Answers will vary, but encourage everyone to share.**

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 a steady or calm ride. 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. **Answers will vary, but encourage everyone to share.**

Answers should include that by becoming True Man, living a perfect life, suffering, dying, and rising from the dead, our Savior Jesus has reconciled us with God – we who were once separated from God by sin and hostile to Him. We are no longer strangers and aliens, but saints and members of the household of God – His children by faith engendered in us by the Holy Spirit through Word and Sacraments.

Luke 2:13-14: ¹³ And suddenly there was with the angel a multitude of the heavenly host praising God and saying, ¹⁴ "Glory to God in the highest, and on earth peace among those with whom he is pleased!"

Romans 5:1: Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

Ephesians 2:13-22: ¹³ But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴ For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility ¹⁵ by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, ¹⁶ and might reconcile us both to God in one body through the cross, thereby killing the hostility. ¹⁷ And he came and preached peace to you who were far off and peace to those who were near. ¹⁸ For through him we both have access in one Spirit to the Father. ¹⁹ So then you are no longer strangers and

aliens, but you are fellow citizens with the saints and members of the household of God, ²⁰ built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, ²¹ in whom the whole structure, being joined together, grows into a holy temple in the Lord. ²² In him you also are being built together into a dwelling place for God by the Spirit.

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:

Psalm 4:8 He makes us dwell in safety.

⁸ In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Psalm 91:11 He guards us.

¹¹ For he will command his angels concerning you to guard you in all your ways.

Proverbs 16:3 He will bless our efforts done in His name.

³ Commit your work to the Lord, and your plans will be established.

Jeremiah 29:11 He’s knows the best for me here on earth and ultimately promises an eternal future with Him.

¹¹ For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

John 14:27 His peace is our peace – this heart-peace abolishes anxiety and fear.

²⁷ Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Acts 2:38 He forgives our sins and gives us the Holy Spirit to keep us in the faith.

³⁸ And Peter said to them, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.

Romans 8:28 God’s got this! He promises that ALL things (both good and bad) will work together for good.

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Philippians 4:7 His peace guards our hearts and minds.

⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

James 1:2–4 Even our trials can be for our ultimate good and joy since our loving God is in control.

² Count it all joy, my brothers, when you meet trials of various kinds, ³ for you know that the testing of your faith produces steadfastness. ⁴ And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

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. **Answers will vary, but encourage everyone to share.**

Read **Romans 12:18** and **Romans 14:19**. How does our God of Peace want us to live with those around us? **He wants us to mutually build one another up in Christ and to share His peace with the world around us.**

Romans 12:18: ¹⁸ If possible, so far as it depends on you, live peaceably with all.

Romans 14:19: ¹⁹ So then let us pursue what makes for peace and for mutual upbuilding.

Faith Talk: Share with a partner or the small group specific ways to *live peaceably with all* (Romans 12:18). **Answers will vary, but encourage everyone to share.**

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? **The crown of life – eternal life.**

James 1:12: ¹² Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

1 John 2:25: ²⁵ And this is the promise that he made to us—eternal life.

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? **Answers will vary, but encourage everyone to share.**

Matthew 28:20b: "And behold, I am with you always, to the end of the age."

John 11:25-26: ²⁵ Jesus said to her, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, ²⁶ and everyone who lives and believes in me shall never die. Do you believe this?"

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. **Answers will vary, but encourage everyone to share.**

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

© 1998 by Concordia Publishing House, www.cph.org.
Reproduced with permission under license number 18:08-02B.
No additional reproduction may be made without permission.