

Peace In The Storm
Pastor Garrison Poslgrave

Mark 3:21....” ...he has lost his senses...”

Mark 4: 35-36:

As evening came, Jesus said to his disciples, “Let’s cross to the other side of the lake.”³⁶ So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed).³⁷ But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

...the storm happened even though Jesus was with them.

Jesus’ had the end in mind even though He knew the storm was in sight.

John 16:33

“In this world you will have trouble...”

Mark 4:38-41³⁸ Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, “Teacher, don’t you care that we’re going to drown?”³⁹ When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm.⁴⁰ Then he asked them, “Why are you afraid? Do you still have no faith?”⁴¹ The disciples were absolutely terrified. “Who is this man?” they asked each other. “Even the wind and waves obey him!”

VS 38: “Teacher, Don’t you care that we’re going to drown?”

"Worry and rumination are the result of a “feedback loop” between your amygdala and your prefrontal cortex. When your amygdala sends out its alarm signals, your prefrontal cortex analyzes the alarm (worry) and then, instead of calming down your amygdala, comes up with other things that might go wrong. This creates a vicious cycle of escalating and self-perpetuating alarm and worry "Melanie Greenberg, Ph.D.

The Disciples, in an effort to control, ignored Jesus and forecasted their fate

⁴¹ “Who is this man?” they asked each other. “Even the wind and waves obey him!”

It took going through the storm for them to realize who He was.