

POWER OVER NATURE (CALMING THE STORM)

Mark 4:35–41

Philippians 4:6–7

BIBLICAL PASSAGE

MEMORY VERSE

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6–7**

Wherever you live, there is great likelihood you face natural disasters. Whether it is tornadoes, earthquakes, or hurricanes, teenagers realize the dangers and threats of natural disasters. They also understand that life is full of storms. How can they have peace in the midst of turbulent times?

Read Mark 4:35–41. After an exhausting day of teaching, Jesus wanted to retreat to another area by gathering up His disciples and setting sail in the Sea of Galilee. This area is very susceptible to violent storms as the cool air from the Mediterranean clashes with hot, humid air passing through the narrow mountains.

As the storm became violent, the disciples woke a sleeping Jesus who rebuked not only the wind, but rebuked His followers for their lack of faith. Jesus' power over nature can assure your teenager that there is power in the words of Christ. He can give peace in the midst of life's storms.

What kind of storms does your teenager face? Do they sense tension in your home? Are they facing ridicule at school because of their stand for Christ? The way you respond to life's storms sets an example for your children. Don't wait until you are in the middle of a crisis to set the example. Show how trusting God every day will prepare them for when the storms come.

FAMILY DEVOTION TIME

Connect . . .

First, the family creates a plan for natural disaster. Next, the family practices what they will do if they are faced with a natural disaster that could threaten their home. Children make a list of supplies needed and ways to evacuate if needed.

Next, the family discusses: **Can you remember a time when you were frightened in a storm? Was it more frightening as a child? Does it give you confidence and more peace to have a plan if you are faced with a natural disaster?** A parent explains how preparation can ease the anxiety of facing a storm.

Explore . . .

A family member reads Mark 4:35–41. Then, the family discusses: **How do you think the disciples felt when the storm came? Why do you think Jesus rebuked the disciples? Do you think the disciples had a good understanding of who Jesus really was?**

Transform . . .

Each family member responds to the statement: **You are either in a storm, coming out of a storm, or getting ready for a storm.** The family discusses: **Which of the three scares you the most?** Share an example from your past that showed how God was faithful to you in the midst of life's storms. A family member looks up the memory verse in Philippians. The family reads the verses together. Each person in the family responds to what part means the most to them and why.

Pray that your family will seek to trust God together in facing life's storms ahead.