



# KINGDOM

THE KING AND HIS

A STUDY IN MARK

## Week 4: Sabbath In The Storm

In Mark 4:35-41, Jesus calms a storm and brings a literal peace for his disciples. In His sovereignty, Jesus knows what He is doing; but, we often miss the reality that there's a Sabbath with Him in the midst of the storm. We Sabbath in the storms of our lives when we trust and obey Jesus, the King. Jonah disobeyed and ran and, as a result, never found the Sabbath peace that God held out to him. Esther, on the other hand, leaned into the Lordship of God through prayer and fasting and found a Sabbath rest in the presence of her chaos. We can live afraid of the storm, or in the trust and obedience of the fear of the Lord. Only trust and obedience – faith – in Jesus Christ leads us into a Sabbath rest in the storm that the Lord of the Sabbath provides.

### Discussion Questions:

1. Where or with what/whom could you use some Sabbath in the storm this week? How (think specifically) is the Lord calling you to trust and obey?
2. Is there anyone “in the boat” with you in your storm? How can you go to Jesus, perhaps especially together, to seek his intervention and bolster your faith?
3. What gets in the way of trusting and obeying Jesus? Why?
4. Close your time together by praying to experience the Sabbath in the story that Jesus can provide.