

## The Story of Jesus

### Part 10: How To Stop Worrying

Mark 4:35-41 - [watch online](#)

#### Summary:

Worry can be the most debilitating feeling in the world. To overcome it we need to get to the root of our worry and not just treat the symptoms. We discover how when we discover the Story of Jesus.

#### Main Points:

[01:05] Worry is one of the universal human experiences.

[02:52] The worries of our life stem from the chaos of our world.

[04:44] Jesus has the power to control the chaos of our world.

[09:41] We can be honest and real about our worries and fears with Jesus.

[11:06] To see Jesus do something in our chaos we have to acknowledge that he can do something.

[13:05] Faith isn't about believing harder. It's about who we are trusting.

[14:48] Jesus brings clarity and order in the face of chaos.

[19:23] Jesus has already conquered the worst case scenario: death.

And when you don't have to worry about death you don't have to worry about much else.

[21:38] When we choose to trust Jesus in the chaos the Story of Jesus becomes our story.

#### Invitation:

Practice better worrying...

1. Answer for yourself: Who is this man?
2. List your worries and their worst case scenarios and tell Jesus about them
3. Put a check mark by the ones that are too big for Jesus.
4. Ask what you want to ask and then trust him to act how he will act.

#### Discussion Questions:

1. We all tend to worry about similar things, such as money, relationships, the future, and health. Which of these categories resonates with you the most, and why?
2. Reread the story of Jesus calming the storm (Mark 4:35-41). What words, thoughts, and/or questions stand out to you?
3. How does/could the fact that Jesus has already conquered death impact the way you view other worries and challenges in your life?
4. Jon said, "When we choose to trust Jesus in the chaos the Story of Jesus becomes our story." What does this mean to you and what would this look like for your life?
5. How can your group pray with you this week?

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Transcript:

**IN:** Worry can be the most debilitating feeling in the world. And the more we try not to worry the worse it seems to get.

So how can we get to the root of our worries... instead of just treating the symptoms?

In the next 20 min or so I'm going to show you the real root of our worries and how we can face them head on with confidence and peace...

And, we find it in the Story of Jesus... So let's talk about it... together.

**WE:** Sometimes I wish I was a dog. Any animal really. You too? Just me?

B/c dogs don't worry. They just sleep and eat and get pets and play and bark... just go to the bathroom wherever they want and are like... "someone'll pick that up."

So different from us... we have responsibilities and even more...we have worries... in fact... Worry is one of the universal human experiences.

Now when I say "worry" throughout this... Not talking about mental health issues and anxiety disorders... what we'll talk about here will definitely help, but it is also important to work with medical professionals who can diagnose and help treat...

What mainly talking about is the everyday worries and concerns that can build on each other and take over our lives, sucking all the joy out of them.

Worries... Money (debt/paying all bills next month/job security/kids expenses/retirement)

Relationships (spouse/kids/parents/friends)- Am I too much for them... Am I not enough?

Future (college/kids/marriage/death) Health

It's a fear of things we can't really control... we are face to face with the CHAOS of life.

- Random/unpredictable/unruly/wild... like being tossed around in a stormy ocean.

The worries of our life stem from the chaos of our world.

Things come at us from all directions, we don't know when or where... can try to prepare a bit but so much is out of our control and you never know what's going to hit next.

So how do we deal with these real worries?

Usually are told or tell ourselves... Well just stop worrying... can't do anything anyway.... Super helpful.

- These are real things trying to get us... that could happen at any minute

Ancient people sacrificed to the gods/superstitions/etc... to better their chances

Maybe we try some meditation/breathing techniques... can be helpful.... But doesn't change reality.

Professional counselors... talking is good... putting things in perspective is very helpful...

And though it is helpful/important to learn how to cope with the chaos... they help with the symptoms but the root is still there...

So is there anything that can control or take the power out of the chaos...

Something that can truly allow us to experience peace no matter what chaos crashes around us?

Some kind of reliable foundation... something that can give us confidence in the face of our chaotic world?

No. Sorry there is no thing that can really truly help us overcome that deep human worry... but there is SOMEONE. (You saw that coming didn't you?)

Jesus has the power to control the chaos of our world.

**GOD:** He proved it in a very dramatic and even symbolic fashion... Around 60 AD, Mark/companion of Apostle Peter, wrote an account of Jesus' life...

And in the section we'll look at... Jesus has just finished a day of teaching parables about the KoG... and now it's time for a break... or so Peter and other disciples thought.

**Mark 4:35-37** - Other boats followed- Eyewitness detail.

Sea of Galilee (Large freshwater lake 13 mi. long/8 mi. wide)

Storms can come up quickly and things can get rough pretty fast.

And this one is pretty bad... despite their best efforts they are taking on water and can't do anything about it.

- Very real/deadly

Might seem bad for us but for the original readers (especially Jewish) this would be touching on a deeper cultural context...

The seas and oceans were always viewed with suspicion... b/c of their chaotic/powerful/even mysterious nature...

Had come to symbolize the dark chaotic power of evil threatening to destroy God's creation/people/purposes...

- Go to the coast and you can see where they would get this idea... The dangerous unruly sea is constantly attacking the safe land... crashing waves breaking down cliffs and rocks
- Sneaker waves/rip currents trying to capture people
- There is death out on the water... it's not a survivable place
- So many ancient stories of sea monsters coming out of the oceans... still do... Jaws/Godzilla/Kraken

This theme is throughout the Jewish Scriptures...

In fact one of the first things we see in the creation poem of Gen 1 is God bringing order to the chaos of the sea...

Great example in probably the oldest book of Jewish scriptures... **Job 38:8-11**

- The sea wants chaos and God is the one who forces it to obey

So what we are seeing here in Mark is the chaos threatening to take over Jesus and his disciples... the chaos of the world trying to put an end to the one who claims to be bringing the order of the KoG to the world...

It's really set up as a cosmic battle between the forces of dark chaos and Jesus...

And as these very real/dangerous waves start crashing over the boat... there are two wildly different reactions between Jesus and his disciples...

**V. 38** Really funny picture if you think about it...

Disciples struggling at the oars, bailing for their lives... and Jesus is so calm that he's taking a nap... with his head on a cushion (eyewitness detail).

- I wonder if it was like his favorite pillow that he took with him everywhere... always ready for a good nap?

2 things here though... 1st- look at how the disciples interact with Jesus...

- **We can be honest and real about our worries and fears with Jesus.**
- They yell at him. Their emotions are raw. No niceties, no "if it pleases your lordship"...
- "We're going to die... do you even care?"

They are honest, they are real, they are desperate... and Jesus allows it... doesn't get offended... Jesus is never offended, defensive, or taken back by our real feelings... (He knows them already)

- Ever wonder if Jesus was faking being asleep... just to see what would happen?

2nd- Why do they wake Jesus in the 1st place? So he can help bail? So he can at least have a fighting chance to tread water when they go under?

The way they say it, it actually seems like they expect Jesus to do something... they knew enough about Jesus (healings/exorcisms) to know that he might be able to help somehow (can heal a shriveled hand... maybe make them breathe underwater?)

But we see an important principle... **To see Jesus do something in our chaos we have to acknowledge that he *can* do something.**

It will rarely look the way we expect... it won't always be in our timing.... But when we come to him we know that he will do something...

And the something he does on that day is way more than the disciples expect...

**V. 39-40** I really wish we could know the tone Jesus uses... the wording makes it seem almost angry.. Literally saying Shut up... be quiet!

- But is it a powerful commanding voice or more of an annoyed tired voice? I lean more toward this... b/c I hate getting woken up from a nap.

Either way... Jesus tells the wind and waves to stop... just says it... and it happens... immediately.

- No slow dying down of the wind, no easing of the waves... it happens right when he says it.

And he turns to them and asks what seems at 1st like a silly question... "Why are you afraid?"

"Uh Jesus... we were literally about to die." And Jesus responds, "So? Do you still have no faith?"

That seems a little unfair... right? Like "Jesus, we were about to die and you just want us to believe harder?"

Think about it... When you are facing the chaos of life... has trying to believe harder done anything for you? No.

But... **Faith isn't about believing harder... It's about who we are trusting.**

Jesus is asking them, "I'm right here in this boat... and the moment the chaos comes you freak out and just try harder to row and bail. You could've woken me up a lot sooner. Instead I'm your last resort?"

- Sound familiar?

The disciples were saying... "Oh man what are we going to do, what if we can't get out of this, these waves are too big, what if we die, this wind is too strong..."

And Jesus says... "Yeah it was too big/strong for you... not me. Trust me. The problem wasn't really the storm... the problem was what you were trusting."

- You were relying on you to get yourself out of this... I'm right here.

Jesus never had a problem with someone having TOO MUCH faith/trust in him

- Whenever I get overwhelmed with worries/fears... it's b/c I've been trying to do it myself... not wanting to bother Jesus with too much of my trust.

"This is what I've been telling you. This is why I'm here... I'm going to take the chaos that you have no control over and I'm going to subdue it... I'm going to take the power out of it."

**Jesus brings clarity and order in the face of chaos.** Question: Do you trust him?

"I am bringing the KoG to conquer the chaos..."

- Shown you with the miracles/healings/casting out of demons
- I've explained it in my teachings/parables"

"Why are you afraid? The chaos has no choice but to obey whenever I say the word."

And then in my mind... Jesus winks at them... lays back down on his pillow, puts hat over eyes and says "Ok boys get back to work... wake me up when we get there."

But now the disciples have something even more to be afraid of... Seem like a crazy story that's hard to believe? They saw it and couldn't believe it either.

**V. 41** - More terrified of the calming of the storm than they were of the storm itself

Healing diseases, casting out demons is one thing... but this is controlling nature with just his voice.

Impossible... unless he's more than just this man we see here.

And so they ask the question Mark has been trying to get us to ask from the beginning... Who is this man?

And if these disciples had been thinking through their scriptures they would know the answer...

- **Psalm 65:5-7; 89:8-9; 93:3-4; 107:23-31**

I love this story b/c it's one of those that is so easy to put ourselves in... We've all been in that boat in some form haven't we?

This story is our story... We've felt that dark chaos trying to constantly crash against us.

- Woken up at 2 am worrying about money... only to get smacked with a wave of worry about the kids... and then we get hit with a sneaker wave of worrying about that relationship that seems to be turning on us?

Listen... outcome doesn't depend on how smart we are, how much we save up, how mentally tough we are, how well or hard we row and bail...

The outcome of our lives depends on how we choose to answer the question: Who is this man?

Who is he?

- Teacher? Philosopher? Role Model?
- He definitely can be those things... but when the darkness seems to be closing in... and crisis hits... we need more than a teacher...

We need a God who not only commands nature with his words but has conquered the worst possible outcome... death. Died and then raised himself back to life.

Which means... if we are trusting Jesus we don't even have to worry about death. He's more powerful.

Jesus has already conquered the worst case scenario... death.

And when you don't have to worry about death... you don't have to worry about much else.

**YOU:** So when the forces of chaos come to overwhelm us we can choose to trust the one who has already defeated them...

How? **Practice better worrying.**

**1st- Answer for yourself: Who is this man?** Who do you truly believe he is?

- What does your response in a crisis show?

If you decide he is who he said he is and can do what he said he can do...

**2nd-** List your worries and their worst case scenarios and tell Jesus about them

- He already knows. It's not a secret
- A way for you to consciously take the worries to him

**3rd-** Put a check mark by the ones that are too big for Jesus.

**4th-** Ask what you want to ask and then trust him to act how he will act.

- Share them w/ friends/CG can pray together... We are not alone in worrying

**WE:** Imagine those worries that can torment you... losing their power... losing that bite that seems to cling.

Imagine finding peace and even joy in the middle of the most chaotic days/sudden crises

Imagine being able to be a voice of calm and confidence for those in your life when the chaos comes for them.

That is the life we are invited into...this story is our story when we choose to trust who Jesus is and trust what he can really do.

**When we choose to trust Jesus in the chaos the Story of Jesus becomes our story.**