

HOW TO SLEEP THRU A STORM

*That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!" **Mark 4:35-41 (NIV)***

WHAT WE KNOW ABOUT STORMS:

1. THEY ARE _____

- ...God causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. **Matthew 5:45 (NIV)**

2. THEY ARE SOMETIMES _____

3. THEY CAN BE _____

4. THEY ARE _____

- Paul - *For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all."
2 Corinthians 4:17 (NIV)

5. THEY HAVE A _____

HOW TO SLEEP THROUGH A STORM

1. MAKE SURE _____ IS IN YOUR BOAT

- And we know that in all things God works for the good of those who love him, who have been called according to his purpose. **Romans 8:28 (NIV)**

2. PLAN _____ SO YOU'LL BE READY FOR THE STORM

3. IF THE STORM DOES WAKE YOU UP, BE SURE TO FOCUS ON THE _____

- Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **Philippians 4:8 (NIV)**
- The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. **Psalm 23:1-4 (NIV)**
- May the God of hope fill you with all joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit. **Romans 15:13 (NIV)**