

THE FEAR SWAP

³⁵ On that day, when evening had come, he said to them, “Let us go across to the other side.” ³⁶ And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. ³⁷ And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. ³⁸ But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?” ³⁹ And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. ⁴⁰ He said to them, “Why are you so afraid? Have you still no faith?” ⁴¹ And they were filled with great fear and said to one another, “Who then is this, that even the wind and the sea obey him?”



[Mark 4:35-41]

Introduction: what do you do with your anxiety?

1) In a real, physical, historical storm, it made a difference to have Jesus around (vv35-40)

- Beware the pietism of Psalm 46:10

2) In metaphorical “storms”, it makes a difference to have Jesus around

- Bring on the pietism of Psalm 46:10!

3) **Do a fear swap:** fear Jesus instead of whatever else you’re scared of (v41)

- Jonah 1

- Psalm 34

- Isaiah 8:12-13

- 1 Peter 3:2, 6 (in the context of 2:17)

Coffee Questions

- How can we help each other to fear Jesus more?

- How will that help us with anxiety?