

**Introduction:**

**HEAD**  
If hard things in life could be thought of as storms, what is the most recent storm you have faced? How did you get through it?

We have learned from parents, teachers, and friends how to deal with storms. What have they taught you, and have they made a difference?

1. Jesus is **SECURE**
  - He is **unstirred by the storm**

During this trying time in your life was there someone around who had the ability to calm your fears, change the situation, or help you out of the storm?

Was there anyone who could have helped you and didn't? How did you feel about that person?

2. Jesus is **STRONGER**
  - He can **calm the storm**

**HEART**  
How would you feel if you were frantically bailing water and someone was asleep in the boat?

What did the disciples have to fear? The boat capsizing; drowning; the wind and waves.

3. Jesus is **SOVEREIGN**
  - He will see you **through the storm**

Have you ever gone to God when you have been experiencing a storm in your life? Did it make a difference?

What does Jesus do when the disciples come to Him?

**HANDS**  
When you have felt like the wind of life is about to blow you away, or the rains of disappointment are soaking your plans, what do you do?

**CONCLUSION:**

What brings peace into your life?

What can we do when we see others in the midst of a storm?