

A The storms of life

- ❖ Crossing the Sea of Galilee in the middle of the night, even in the midst of a storm, was not something new for Peter, Andrew, James and John, expert fishermen.
- ❖ However, the storm overwhelmed them. The wind whipped up the waves, flooding the boat and endangering their lives. Then they realized... Where is Jesus? Is he sleeping? Why isn't he helping us? Doesn't he care about what happens to us? (Mark 4:35-38).
- ❖ In our lives we go through storms. We ask Jesus for help, but it seems as if He is asleep. We don't feel His presence. But He is there.
- ❖ Wait for the moment to rebuke our storm: "Peace, be still" (Mark 4:39). He cares for us (1 Peter 5:7). He can calm our storms. Don't forget to praise Him when He does (Mark 4:40-41).

B Diseases

- ❖ Suffering from hemorrhages for twelve years without finding a doctor who could heal her had left the woman destitute and without hope (Mark 5:25-26). Today, there are countries where free medical coverage does not exist, and this story may still be a reality.
- ❖ In any case, we can all face situations in which illness imprisons and suffocates us, without finding relief.
- ❖ The woman saw in Jesus the solution, and her faith saved her (Mark 5:27-29).
- ❖ We must trust that Jesus can use skilled doctors to heal us, or perform a direct miracle in us.
- ❖ In any case, Jesus invites us to leave all our burdens and worries on Him (Mt. 11:28-30).

C Disasters

- ❖ War, violence, and natural disasters radically transformed Job's life (Job 1:13-19). We are all exposed to disasters, whether natural or caused by the evil that prevails in this world.
- ❖ How will we react? How did Job react?
 - He neither blamed God nor rejected Him
 - She clung to Him with all her might
 - He trusted even in the darkest moments
 - He set his sights on a glorious future (Job 19:25-27)
- ❖ If we do not lose heart, we will see that even in our toughest trials, God is always there. He loves us and strengthens us to draw strength from weakness, courage from discouragement, and hope from disaster (Joel 3:10; Rom. 5:3-5).
- ❖ If you are going through difficult times, reflect on the fact that God's love and care for you are the safest and most stable thing in your life.

D Disappointments

- ❖ The perspective: Jesus is the Messiah who will redeem Israel. The reality: He has died (Luke 24:18-21). Their disappointment was so great that they could not accept even the clearest evidence of Jesus' resurrection (Luke 24:22-24).
- ❖ Patiently, Jesus helped them regain their hope. Finally, "their eyes were opened" (Luke 24:31 NIV), and they ran to encourage those who were still disappointed (Luke 24:32-35; 2 Corinthians 1:4). What can we learn from their experience?
 - We must not let doubt take root in our minds
 - Jesus walks beside us even in our disappointments
 - He will clear up our perplexities, if we allow him to
 - Jesus knows better than we do what our reality is

E See Jesus

- ❖ When Ellen G. White was in abject despair, she had a vision in which she saw Jesus.
- ❖ She understood that He understood everything she was going through. At one point, placing His hand on her head, Jesus said to her, "Do not be afraid."
- ❖ She saw glorious scenes, and it seemed to her that she had attained the safety and peace of heaven.
- ❖ This dream gave her hope and faith, and the certainty that he could trust in God.