

Text: Mark 4:35-41

1) Storms -

- The **PURPOSE** of a storm is to **KILL** John 10:10a
 But Jesus is in the boat; His **PURPOSE** is to bring **LIFE** John 10:10b
 - Jesus wants to bring stability – internal stability – walking on the water/storm
 - Jesus, turns it into a growing / learning experience, a victory Rom 8:28
 - The context of this verse is prayer...ask for His help. When Jesus is in your circle, and your trust is in Him... LIFE
- **Circles:** Notice there were many boats with them Mrk 4:36b
 - Could it be that your **Work, Family, Friends** circle needs you to call out to Jesus?
 - They need you to call out to Jesus... We do life, we do Jesus in community.
- **Three Storms**
 - **Physical Storms: Wind & Waves:**
Tossed around by life: Health, Finances, Covid-19, Relationships
 - **Emotional Storms: Do you not care that we die:**
The physical storm got into their thinking: **“Help, we’re drowning”**
Fear of death, Covid-19, panic attacks, depression, anxiety, highs & lows
 - **Spiritual Storm: You of little or no faith:** Matt 8:26-27
We see Jesus in a new light – **“Who is this man”**, call to you and me: Do the same...

**Hey - Storms are stating the obvious –Let’s rather talk about how to *Navigate through Storms*
*Let’s Pursue Health as we Navigate the Storms of Life***

2) Physical Storm

- Don’t try to manage the storm – Lead the storm! Get in front of the storm.
 - Think of a surfer, the wave can drown him, but he leans in front and rides the wave.
 - Whenever there is crisis, opportunity presents itself.
- **Leading in a Storm:**
 - **Give Clarity & Hope**
 - **Provide Resources and Support**
 - **Provide Communication, Simplicity, Empathy, Be Honest, Be expectant:**
- **Example: Sardis in the book of Revelation** Rev 3:1-6
 - Jesus in His letter writes to the church in this city and says: Rev 3:1
“You think you’re alive, but your dead. Be watchful – wake up”
 - This was a **physical city** but is also a picture of the church and also individuals.
 - Like Saris, we can get so busy with life, that we forget about the foundations and cracks can appear.
 - Don’t rest on your reputation – for when the storms of life come, are your foundations strong and secure or are there cracks for the enemy to come in.
 - What do you believe about yourself? Is it Truth & Reality, or wishful thinking?
 - What can we do to ensure that our Physical is in tip top condition?
 - Jesus said: **Rev 3:2** *“Be watchful, strengthen the things that remain, go back to what you heard first.”*

3) Pursue Physical Health

- **Culture Statement: Am I living today in a way that will help me to thrive tomorrow?**
- Each Month go through this list and before God ask Him for insight and wisdom
- **Physical Storms**
 - Work / Office Life
 - Computer, Device / Screen Life
 - Financial Life
 - Body / Physical Life
 - Marriage / Sex Life

1 Cor 10:12

If you think you are standing strong, be careful not to fall.

“If anyone has the opinion of himself that he is standing strong and firm, he needs to be continually watchful and always on his guard lest he trip, stumble, and fall from his overconfident position and take a nose-dive downward to a serious crash!”

Rick Renner

- What is the **‘One Thing’** could I remove/change to make me better?