

Text: Mark 4:35-41

1) Three Storms

- **Physical Storms: Wind & Waves:**
- **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:**
We see Jesus in a new light – *“Who is this man”*, call to you and me: Do the same...
- **Have you noticed that so often physical storms turn into Emotional Storms I.e. Peter walking on the water**

2) Emotional Storm

- There was a physical storm that they took to the next level – We’re drowning!
- Disciples woke Jesus SHOUTING!
- You must manage your thoughts well (Bill Johnson)
 - **Disappointment** (Type of Storm)
 - **Loss** (Type of Storm)
 - **Criticism** (Type of Storm)
 - **Betrayal** (Type of Storm)
- **If your emotions run riot, you will become a VICTIM or RETALIATOR**
- Disciples allowed FEAR into their thinking (Heb 2:15)
 - They became victims of **Fear** and **Retaliated** by shouting at Jesus
 - Fear paralyses us, so we can’t move or lead in the storm
- The Titanic did not sink because it sailed on the sea, it sunk because the sea got into the Titanic. It’s not going through a storm that will kill you, it’s when the storm get in you.
- Emotional roller-coaster – The cycle of Change
 - Highs & Lows, anger, frustration & shock
 - There is something we can do...

3) Dr Cloud – Clinical Psychologist

- Spoke about building a house:
 - 1) Foundations
 - 2) Structure
 - 3) Decor
- 1) **Foundations – Relationships & Connections - Circles**
 - Our PCF Dream is Connect:
 - Connect to God (Matt 11:28)
 - Others (Eph 4:16)
- 2) **Structure – Purpose & Routines** (Prov 29:18)
 - There must be some kind of order to your life
 - Three things:
 - Write down three things each morning in your QT that you can do today
 - If you do these three things that day. You are successful.
- 3) **Decor – Trust & Control**
 - Stop trying to control what you can’t (it will destroy you), Control what you can
 - Write a list of all the things you can’t control – Give to God (1 Pet 5:7, Prov 16:3)
 - Serenity Prayer - God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference. (Reinhold Niebuhr)
- 4) **Pursue Emotional Health**
 - **What can we do to ensure that our Emotional is in tip top condition?**
 - **Jesus said:** “Be watchful, strengthen the things that remain, go back to what you heard first. (Rev 3:2-3)
 - **Culture Statement:** *Am I living today in a way that will help me to thrive tomorrow?*
 - What is the *‘One Thing’* could I remove/change to make me better?

Emotional Storm

Holiday / Rest Life
Family / Friends Life
Attitudinal Life
Creative Life
Social Life