



# WHEN YOU FEEL LIKE YOU'RE DROWNING.

I would ask, *"Have you ever experienced true exhaustion?"* but the answer is almost certainly yes. You've given everything of yourself & have nothing left. You're physically, emotionally, spiritually spent. This, unfortunately, is not a rare experience.

Jesus understands exhaustion **and** he is right there in it with you. The disciples were absolutely overwhelmed in the midst of a storm. Tensions were high, anxiety was high & waves were high... but Jesus was silent. More specifically, he was asleep, exhausted himself.

But Jesus was not absent. He was not wringing his hands with worry, shocked that the storm was rocking the boat. He didn't wake up with a pounding heart, unsure of what to do. No, Jesus awoke & calmed the storm.

If you're feeling overwhelmed, exhausted, or like you're at the brink of drowning, Jesus is with you & promises peace beyond our understanding. In Mark 4, he calmed the storm outside. That may or may not happen in every situation - but he absolutely can calm the storm happening inside. Be still & know that He is God.

## PRACTICING THE WAY:

This week, practice silence & solitude with Jesus. Spend 3-5 minutes a day simply breathing slowly & inviting Jesus to sit with you. Be still. Know that he is God. You can be reminded of Silence & Solitude [here](#).

# IN THE BIBLE.

## JOB 19:21-27

“Have pity on me, my friends, have pity,  
for the hand of God has struck me.  
22 Why do you pursue me as God does?  
Will you never get enough of my flesh?  
23 “Oh, that my words were recorded,  
that they were written on a scroll,  
24 that they were inscribed with an iron tool on lead,  
or engraved in rock forever!  
25 I know that my redeemer lives,  
and that in the end he will stand on the earth.  
26 And after my skin has been destroyed,  
yet in my flesh I will see God;  
27 I myself will see him  
with my own eyes—I, and not another.  
How my heart yearns within me!

## MARK 4:35-41

That day when evening came, he said to his disciples, “Let us go over to the other side.” 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”  
39 He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.  
40 He said to his disciples, “Why are you so afraid? Do you still have no faith?”  
41 They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

## PSALM 46:1-3

God is our refuge and strength,  
always ready to help in times of trouble.  
2 So we will not fear when earthquakes come  
and the mountains crumble into the sea.  
3 Let the oceans roar and foam.  
Let the mountains tremble as the waters surge!

# QUESTIONS.

*Feel free to talk through some or all of these questions*

- 1.) What sticks out to you in the verses above? What encourages you? Challenges you?
- 2.) The disciples asked, “Don’t you care if we drown?” Have you ever found yourself asking God a similar question? What happened afterward?
- 3.) What practices help you remember that Jesus is with you (even when you can’t feel his presence?)
- 4.) What “storms” in your life feel most overwhelming at the moment? Let’s practice what we preach right now!

## TAKE TEN:

- How did you see God work in your life this week?
- What has God been teaching you in His Word?
- What kind of conversations are you having with your pre-Christian friends?
- What good can you do around here? (in your life/circumstance)
- How can we help you in prayer and what do you want us to ask you about next week?

**Whenever you read the Bible, ask yourself these three questions:**

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?