Peace in the Storm: Discovering Jesus' Divine Authority



Explore how Jesus calms life's storms, revealing His power and bringing peace amid chaos through a focused study on Mark 4:35–41.





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Introduction

Welcome to a transformative 7-day journey centered on the Gospels' powerful message of peace and authority through Jesus Christ. Life often feels like a tempest—filled with unexpected challenges, anxieties, and chaos. Yet, within the pages of Scripture, we find hope and assurance beyond the storms. This study will guide you through the remarkable story of *Jesus calming the storm* (Mark 4:35–41) and what this miraculous act reveals about His divine authority and power.

As we dive deep into this passage and related Scriptures from the Gospels, you'll discover that Jesus is not only aware of the storms in our lives but actively brings peace to them. His authority over nature demonstrates His lordship over all things, including the troubles we face. Whether personal struggles, fears, or external crises, Jesus invites us into a place of calm trust and faith.

Throughout this week, we'll explore themes of faith, fear, divine power, and the presence of peace through Christ. Each day's devotional includes Scripture, reflection questions, journaling prompts, and a prayer to encourage you to apply these truths. May this study empower you to rest in the peace that surpasses understanding and to boldly face challenges knowing Jesus controls every storm.

Let us open our hearts to receive His peace and be transformed by the One who commands the winds and waves.









Day 1: Care Encountering the Storm









Day 1: Care Encountering the Storm

Your Verse

Mark 4:35—41 (NIV): "He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm."

Supporting Scriptures

- Psalm 107:29 "He stilled the storm to a whisper; the waves of the sea were hushed."
- John 14:27 "Peace I leave with you; my peace I give you."







Day 1: Care Encountering the Storm

Devotional: Jesus Calms Both Winds and Fears

Every believer faces storms, some sudden and violent, others prolonged and exhausting. In Mark 4, the disciples confront a literal storm while crossing the sea. Their fear intensifies as the boat is tossed by waves, exposing their vulnerability. Despite the chaos, Jesus sleeps peacefully, illustrating His trust in the Father and His sovereignty over the situation.

When Jesus wakes and commands the wind and waves to be still, the transformation is immediate. This moment captures the essence of His divine authority—He speaks, and nature obeys. The question that arises is not just about controlling weather but about who He truly is. His calm presence brings peace where fear once ruled.

In your own life, consider the storms you face. They may not be literal but emotional, relational, or spiritual. Jesus offers the same peace and authority over your situations. This passage encourages us to turn to Him, recognizing His power and inviting His calming presence into the chaos.







Day 1: 📤 Encountering the Storm

Reflect and Apply

1.	What storms are you currently facing that feel overwhelming?
2.	How do you usually respond when you encounter chaos or fear?
	What does it mean to you that Jesus was peacefully sleeping amid the storm?







Day 1: 📤 Encountering the Storm

Journaling Prompts

1.	Describe a recent 'storm' in your life and your initial reaction to it.
	Write about a time when you experienced peace in the midst of difficult circumstances.
3.	How can you invite Jesus into your current challenges this week?







Day 1: 📤 Encountering the Storm

Prayer for Today

Lord Jesus, thank You for being with us in the storms of life. Help me to trust Your presence even when fear rises. Calm my anxious heart and remind me of Your authority over every challenge I face. Teach me to rest in Your peace today and always. *May Your power and love quiet all fears within me.* Amen.











Day 2: 🎇 Power Over Nature









Day 2: 🎇 Power Over Nature

Your Verse

Mark 4:39 (NIV): "He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm."

Supporting Scriptures

- Genesis 1:2—3 "And the Spirit of God was hovering over the waters... God said, 'Let there be light,' and there was light."
- Psalm 89:9 "You rule over the surging sea; when its waves mount up, you still them."







Day 2: 🏶 Power Over Nature

Devotional: Jesus' Divine Authority Revealed in Creation

Jesus' authority over the storm connects to the power demonstrated in creation itself. From the very beginning, God spoke existence into being, commanding light, sky, and seas. When Jesus commands the storm, He displays the divine power inherent in Him as the Son of God.

This event testifies to Jesus' identity not only as Savior but as Lord of creation. His words still the storm with absolute authority, reminding us that no force —physical or spiritual—can thwart His will. When chaos threatens, His sovereign power assures us that we are never out of control; He is.

Considering God's creative power helps us deepen our trust. The One who shaped nature also shapes our lives. Storms remind us of our fragility but also of His greatness. Reflecting on this invites us to surrender our anxieties to the One who commands even the elements to obey.







Day 2: 🎇 Power Over Nature

Reflect and Apply

	How does knowing Jesus has power over nature affect your view of His authority?
3.	What similarities do you see between God's creative words in Genesis and Jesus' calming the storm?
	In what areas of your life do you need to acknowledge His control more fully?







Day 2: 🎇 Power Over Nature

Journaling Prompts

1.	Write about how creation reflects God's power and authority.
2.	List areas where you struggle to trust God's control and why.
3.	Pray or write a surrender of those areas to Jesus' sovereign care.







Day 2: 🏶 Power Over Nature

Prayer for Today

Heavenly Father, thank You that Your power is demonstrated through Jesus' authority over the storm. Help me to remember that the Creator who formed the seas also holds my life in His hands. Teach me to trust in Your sovereignty and surrender my fears. May I find peace in Your control. *Strengthen my faith today.* Amen.









Day 3: Paith in the Midst of Fear









Day 3: Paith in the Midst of Fear

Your Verse

Mark 4:40 (NIV): "He said to his disciples, 'Why are you so afraid? Do you still have no faith?"

Supporting Scriptures

- Hebrews 11:1 "Faith is confidence in what we hope for and assurance about what we do not see."
- 2 Timothy 1:7 "For God has not given us a spirit of fear, but of power, love and self-discipline."







Day 3:
 Faith in the Midst of Fear

Devotional: Choosing Faith Over Fear in Storms

Jesus challenges His disciples' fear by asking why their faith had not yet grown to trust Him fully. Fear and faith are opposing forces; where fear increases, faith diminishes. Yet Jesus calls us into confident trust despite circumstances.

This question isn't just for the disciples; it is for us as well. When storms arise, is our first response fear or faith? Jesus' gentle rebuke invites us to reflect on where our trust really is placed. Faith anchors us through unknowns, allowing peace to take root even when the external situation is threatening.

Building faith requires practice: turning our eyes toward Jesus, remembering His promises, and acting in obedience despite fear. Each storm provides an opportunity to grow stronger spiritually and experience His sustaining peace.







Day 3: \bigcirc Faith in the Midst of Fear

Reflect and Apply

1.	In your storms, does fear or faith tend to be your immediate response?
2.	What steps can you take to strengthen your faith when fear threatens?
3.	How does Jesus' question speak to your current spiritual walk?







Day 3: \bigcirc Faith in the Midst of Fear

Journaling Prompts

1.	Recall a time faith overcame fear and how it affected you.
2.	Write a prayer asking Jesus to increase your faith in difficult times.
3.	Identify fears you need to lay down to grow spiritually.







Day 3: 🖓 Faith in the Midst of Fear

Prayer for Today

Jesus, help me hear Your gentle voice calling me to faith rather than fear. When I feel overwhelmed, remind me to trust You completely. Fill me with courage, power, and calm as I navigate life's storms. Teach me to see challenges as chances to deepen my faith in You. *Thank You for always being my peace.* Amen.

















Your Verse

Psalm 46:1 (NIV): "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- Matthew 8:26 "He replied, 'You of little faith, why are you so afraid?' Then he got up and rebuked the winds and the waves, and it was completely calm."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: Finding Security in Jesus' Presence

In storms, physical safety feels uncertain, but God's promise assures us of a refuge beyond the tangible. Jesus is our shelter amid chaos, a stronghold to run to in every difficulty. The Psalms echo this truth repeatedly, describing God as our steadfast protector even when the earth shakes.

Jesus' calming of the storm is a vivid picture of this refuge—His authority silences fear and danger alike. We find strength in knowing that He is present and active when life feels uncontrollable. Running to Jesus, we are invited to find rest and security not in circumstances but in His unchanging nature.

Let this truth encourage you today: no matter how fierce the storm, Jesus remains your safe harbor, offering peace and strength to endure and overcome.







Reflect and Apply

1.	Where do you currently seek refuge during difficult times?
	How does knowing Jesus is your refuge affect your perspective on challenges?
3.	What practical ways can you remind yourself of His presence daily?







Journaling Prompts

1.	Write about a time you felt Jesus as your refuge in trouble.
2.	List Scriptures that remind you of God's protection and strength.
3.	Plan ways to cultivate awareness of Jesus' presence when stressed.







Prayer for Today

Father God, You are my refuge and strength in every storm. When I feel shaken, help me run to You and find peace in Your presence. Calm my heart as Jesus calmed the sea. May I rest fully in Your unchanging love and protection. Thank You for being my ever-present help. *In Jesus' name, Amen.* \nearrow







Day 5: X The Authority of Jesus Recognized









Day 5: 🎇 The Authority of Jesus Recognized

Your Verse

Mark 4:41 (NIV): "They were terrified and asked each other, 'Who is this? Even the wind and the waves obey him!"

Supporting Scriptures

- Colossians 1:16 "For in him all things were created: things in heaven and on earth... all things have been created through him and for him."
- Philippians 2:9—11 "God exalted him to the highest place and gave him the name that is above every name."







Day 5: 🎇 The Authority of Jesus Recognized

Devotional: Worshiping Jesus as Sovereign Lord

The disciples' awe highlights a crucial revelation: Jesus' divine authority over all creation. Their question—'Who is this?'—reflects the profound mystery of Christ's identity. Witnessing Him command nature forces a confrontation with His true nature as God incarnate.

This passage invites us to also marvel and worship. Jesus reigns supreme over every element and circumstance. Recognizing His authority brings humility and comfort. It reminds us that no circumstance is beyond His control and no power can challenge His lordship.

As followers, this reality calls us to deepen our devotion, acknowledging Jesus not only as Savior but as King over every area of our lives. Our peace grows when we accept His reign and submit to His will, trusting that His authority works for our good.







Day 5: 🗱 The Authority of Jesus Recognized

Reflect and Apply

	How does recognizing Jesus' absolute authority change your response to life's challenges?
2.	In what ways can you express worship and surrender to Jesus today?
3.	What obstacles prevent you from fully submitting to His lordship?







Day 5: 🗱 The Authority of Jesus Recognized

Journaling Prompts

1.	Reflect on what Jesus' sovereignty means for your daily living.
2.	Write a prayer of surrender and worship acknowledging His authority.
3.	List areas where you want to grow in trust and obedience to Him.







Day 5: 🎇 The Authority of Jesus Recognized

Prayer for Today

Majestic Lord, You alone have all authority in heaven and earth. Help me to stand in awe of Your power and bow in humble worship. Teach me to trust Your control over every storm and submit fully to Your perfect will. Lead me closer to You as King of my life. Amen. \square \bigwedge















Your Verse

John 14:27 (NIV): "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."







Devotional: Receiving Jesus' Lasting Peace

Jesus offers a unique peace—not the absence of problems, but the presence of calm amid turmoil. This divine peace transcends human understanding and guards our hearts and minds. It is an anchor that holds us steady when external situations are out of control.

Unlike worldly peace, which is often temporary and circumstantial, Jesus' peace is eternal and rooted in relationship with Him. It invites us to release worry and fear, trusting that He is sovereign and good.

In experiencing this peace, we demonstrate faith that moves beyond what we see, embracing the assurance of God's promises and abiding presence. This peace empowers us to live boldly, loving and serving even when storms rage around us.







Reflect and Apply

1.	What differences do you notice between Jesus' peace and worldly peace?
3.	How can you cultivate the peace of Christ in your daily routine?
	When was a time you experienced this peace despite difficult circumstances?







Journaling Prompts

Describe the peace Jesus offers using your own words.
Write about fears or worries you need to release to experience His peace.
Create a plan to practice trusting God more fully this week.







Prayer for Today

Lord Jesus, thank You for gifting me Your peace that calms my heart and mind. Help me to embrace Your peace daily and not be troubled or afraid. Teach me to trust You more deeply and to live out Your peace in every situation. Guard my heart with Your perfect calm. Amen. **\mathbb{Y} \mathbb{P} \mathbb{L}

















Your Verse

2 Corinthians 5:7 (NIV): "For we live by faith, not by sight."

Supporting Scriptures

- Hebrews 13:5—6 "God has said, 'Never will I leave you; never will I forsake you.' So we say with confidence, 'The Lord is my helper; I will not be afraid."
- Romans 8:38—39 "Nothing... will be able to separate us from the love of God that is in Christ Jesus our Lord."







Devotional: Living by Faith, Not Fear

As we conclude this study, the call is to walk forward confidently, living by faith in Jesus' authority and peace. Life's storms will continue, but we have been equipped with a foundation of trust in God's presence and power.

Walking by faith means trusting what we cannot see, resting in God's promises, and confidently facing challenges knowing Jesus has already overcome the world. The storms no longer define us; instead, our faith in the One who calms storms shapes our identity.

Let this understanding empower you to live courageously, share hope with others, and foster peace within yourself. Jesus invites you to keep your eyes fixed on Him—the Prince of Peace—and to confidently navigate life's waters, knowing He guides your every step.







Reflect and Apply

1.	What does living by faith look like in your daily life?
2	How will you remind yourself of Jesus' authority when storms come?
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3.	What steps can you take to encourage others facing storms?







Journaling Prompts

1.	Write a commitment statement about trusting Jesus this week.
2.	Identify practical ways to live out your faith amid challenges.
3.	Reflect on how this study has changed your view of storms.







Prayer for Today

Gracious God, thank You for teaching me to live by faith and not by sight. Strengthen me to walk confidently and face every storm with trust in Your power and peace. Help me encourage others with the hope I've found in You. May Your Spirit guide me daily. Amen. \triangle \(\Lambda \)







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