

June 20th - 26th

Tempest Tossed: Pastor AJ

In this lesson you will learn three ways to deal with the storms of life.

Intro: The phrase tempest tossed means; to be pounded or hit repeatedly by storms or adversities, to be tossed about, or violently agitated. Natural storms can carry; rain, hail, high winds, and surges that can flood the land. There are also storms in life that can carry out the same kind of damage and devastation on a personal level. The million-dollar question is; what do we do when the storms of life rock our lives? Do we react to them out of fear or respond to them in faith? The choice is yours.

I. Choose Peace in the midst of the Storm

- A. It is so easy to be led astray by thoughts and emotions of fear when the storm is raging around you. It is imperative that you choose to take authority over your mind when the storm winds blow in life. Jesus was at peace in the midst of the storm on the sea of Galilee that he took a nap while everyone else was panicking (Mark 4:38). Let us take our leadership cues from Jesus to choose peace even as the wind and rain hit us.

II. Get Up to Face the Storm

- A. This is not the time to curl up in fear hiding away from the storms of life. We are called to face every difficulty that life throws at us with faith. Even if we have faith that is small like a mustard seed, we can use it to move mountains. After we choose to dwell in peace, we can now respond to our storms by facing them with bold faith. We can boldly face our storms because God is in our side. He never leaves us or forsakes us, but is constantly standing by our side in the midst of our troubles (Psa 46:10).

III. Speak to the Storm

- A. Have you directly addressed your problems lately? It is very easy to get carried away complaining about your storms. We complain about our storms to our family, our neighbors, and to God. Instead of complaining, we need to rise up in faith and speak directly to the storms that are troubling us. Our storms don't have control over us, but we have authority over the storms to command them to cease. We are not at the mercy of whatever life throws at us. We are more than conquerors (Rom 8:37).

Discussion Questions

1. Are you choosing peace or fear in the midst of your storms?
2. Are you boldly facing your storm head on?
3. Are you commanding your storm to cease?