

## Thursday

It's interesting that in Scripture both the wrath of God and the kindness of God are compared to storms. Please read Nahum 1:3 and Jeremiah 23:19-20. Why is it important to know that God's justice will inevitably descend on the wicked like a storm? How can this be both alarming and comforting? Read Zechariah 10:1. In this passage, God's power over storms is linked to his kindness to all. How do you need to ask God for "rain" in your life right now—maybe a fresh sense of closeness to him, or financial help, or relationships that need to be reconciled and allowed to blossom? *Bring your request for rain to God – the Lord of the Storms today!*

## Friday

Please read 2 Corinthians 11:23-12:10. In this passage, Paul talks about the storms of life he's been through. What a list! It's interesting to me that the "storm" that seems to have bothered Paul the most is his "thorn in the flesh", as he calls it, in 12:7. This may have been a physical ailment. He seems to have handled larger circumstantial crises with more ease than this physical ailment. Do you find this to be the case in your life too? What is the bottom-line lesson Paul learned after all of this (verses 9 & 10)? *Thank God today specifically for the strength he has given you in the storms you have been through. List them as Paul does here. What lessons did you learn about God's power in your storms? How has God's strength been made perfect in your weakness?*

## Saturday

Please read Matthew 14:22-33 to prepare for tomorrow's message. *Ask God to prepare your heart so that you can worship him in Spirit and truth as you come together with your brothers and sisters tomorrow. Pray for both of our Sunday services, that they will clearly show God's grace and truth to all who attend.*



# The Storms of Life

Message by Rick McRostie on Sunday, September 20, 2015

## The Key to Surviving those Storms

*"Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed."* Psalm 57:1

Matthew 8:23-27 (also Mark 4:35-41 and Luke 8:22-25)

### 1. Facts about storms:

- **Storms are** \_\_\_\_\_  
*"Consider it pure joy, my brothers, whenever you face trials of many kinds."* James 1:2
- **Storms are** \_\_\_\_\_  
*"Without warning, a furious storm came up on the lake..."* Matthew 8:24
- **Storms are** \_\_\_\_\_  
*"He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous."* Matthew 5:45b

### 2. Reactions to storms:

- **I can be filled with** \_\_\_\_\_  
*"The disciples went and woke him, saying, 'Lord save us! We're going to drown!'"* Matthew 8:25
- **I can be filled with** \_\_\_\_\_  
*"But Jesus was sleeping."* Matthew 8:24b



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### 3. How to make it through a storm:

#### • Remember \_\_\_\_\_

*“Then he (Jesus) got into the boat and his disciples followed him.”*  
Matthew 8:23

#### Lesson #1: \_\_\_\_\_

*“Fear not, for I have redeemed you. I have called you by name, you are mine. When you pass through the waters, **I will be with you**, and when you pass through the rivers, they will not sweep over you!”*  
Isaiah 43:1-2

#### • Relax \_\_\_\_\_

*“The disciples said to him, ‘Teacher, **don’t you care** if we drown?’”*  
Mark 4:38

#### Lesson #2: \_\_\_\_\_

*“Cast all your anxiety on him because **he cares** for you!”* 1 Peter 5:7

#### • Rely \_\_\_\_\_

*“Jesus got up, rebuked the wind and said to the waves, ‘**Quiet! Be still!**’ Then the wind died down and it was completely calm.”*  
Mark 4:39

#### Lesson #3: \_\_\_\_\_

*“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. **Nothing** is too hard for you.”*  
Jeremiah 32:17

*“The men were amazed and asked, ‘What kind of man is this? Even the winds and the waves obey him.’”* Matthew 8:27

## Daily Meditations

Daily Bible studies and questions for reflection on today’s topic.

#### **This week’s memory verse:**

*“Have mercy on me, O God, have mercy! I look to you for protection. I will hide beneath the shadow of your wings until this violent storm is past.”* Psalm 57:1 (NLT)

#### **Monday**

Please read Matthew 8:23-27. Look back over your notes. Did any particular point from the message stand out to you? Why? What type(s) of storm(s) are you experiencing right now? What was the worst “storm” you have ever experienced? How did God see you through that? How do you tend to respond to storms in your life? *Thank God that he has power over the storms in your life! Bring them to him specifically in prayer right now.*

#### **Tuesday**

Please read the parallel accounts of this story in Mark 4:35-41 and Luke 8:22-25. Of the three lessons about how to make it through a storm on the previous page, which is the hardest for you to put into practice when a storm hits? Why? What basic advice about surviving storms do you find in Matthew 7:24-27? How can you “build your house on the rock”? What steps can you take today? *Spend some time strengthening your foundation on the Rock by memorizing this week’s memory verse. Pray for those you know who are going through storms right now. Ask God to strengthen and uphold them.*

#### **Wednesday**

Please read the exciting description of a storm from Psalm 107:23-32. Does anything surprise you or jump out at you from this passage? In Hebrew, a key word in this Psalm is the verb “cried out” (verse 28). This same word is used in verses 6, 13, 19, and 28. The writer is saying that the history of Israel is one of people “crying out” to God in their distress... and getting an answer. Has this been a part of your personal history? How? Why is it sometimes hard to remember to “cry out” to God in our troubles? *Cry out to God right now about your “storms”. Thank him for his care!*