



Life Group Leader Note:

There will be an opportunity on the last weekend of February for people to be baptized during weekend services (Acts 8 Weekend) and we want to help you leverage this opportunity. **Please reserve a few moments of your Life Group time this week to talk to your group about baptism.** Simply ask your group to share their baptism story. Pay attention to those who haven't been baptized, or those who may be interested in being baptized as an adult (even if they were baptized as a baby or young child). Let them know that there will be a baptism opportunity February 25/26. Take notes and follow-up with your group members this week!

If someone in your group would like to get baptized, make a plan for your entire LG to attend and support them.

BIG IDEA

Jesus is in the boat!

WHAT DOES GOD WANT ME TO KNOW?

When was the last time Jesus brought peace into a difficult situation in your life?

Read Psalm 23. How does this passage contribute to your understanding of peace? This passage uses a lot of peaceful imagery: green pastures, still waters, etc. David finds peace in following God, even though he encounters times of darkness and trouble.

What elements of conflict can you identify within Psalm 23? Why is David at peace in the midst of these troubles?

David trusts God even as he walks through dark valleys and is among enemies. David's peace comes not from a lack of conflict, but from his knowledge that God is with him.

Recall the big idea from the message this week: *Jesus is in the boat*. How would you explain the big idea in your own words?

Help your group to share in a personal way. They may say something like: "God has got my back" or, "It means I don't have to be afraid even though I just lost my job."

WHAT IS MY INITIAL REACTION?

Are you familiar with the "perfect storm" of pride, fear and stress? Which of these do you struggle with the most? Why?

Reflect on this statement: *Fear imagines the worst, fear exaggerates the problem and fear requires a scapegoat.* Who do you blame when you are afraid/stressed? Why?





LIFE GROUPS

LEADER GUIDE

It's important to recognize who takes the brunt of our stress and fear. Often times it is those we love the most. We blame our spouses, kids, work, God, etc.

Why is it so difficult to admit we need help? At what point in your life did you first realize you needed Jesus? How often do you realize this need now?

Read Mark 4:40. Why do you think Jesus said this? Have you, like the disciples, ever forgotten that Jesus is in the boat?

The purpose of Jesus' statement isn't to shame us or His disciples. It's to remind us of Jesus' identity. He is God incarnate and when God is in the boat with you it would be silly to fear anything!

WHAT AM I GOING TO DO?

Share an area in your life where you feel "in over your head." How would your feelings change if you consistently remembered that Jesus is with you?

What practice(s) can you put in place to keep this truth in front of you this week?

Read Philippians 4:6-7. Spend some time in prayer with your Life Group. Ask God to bring peace in the areas just mentioned.

Have everyone pull out their Bible or mobile device and after you read Philippians 4:6-7 have the rest of your group take turns reading it out loud. Allow the truth and peace that these verses bring to resonate.

