

chapter one - life is tough

Jeremiah 33:3 says, *“Call to me and I will answer you, and will tell you great and hidden things which you have not known.”* (ESV)

Your _____ and your relationship with God will always be a _____.

Notes on this:

In this chapter, we will travel back in time to the _____ and spend some time with Jesus’ most faithful followers, _____.

The disciples all had varying backgrounds and skills:

- They were _____.
- They were considered _____, _____, and _____.
- They gave up everything to _____.

- After Jesus ascended to heaven, most of them continued in _____, starting churches and converting various people groups to Christianity.

As many as _____ of the 12 disciples were fishermen by trade.

A little background for you:

The _____ is the world's largest and lowest _____ in the world.



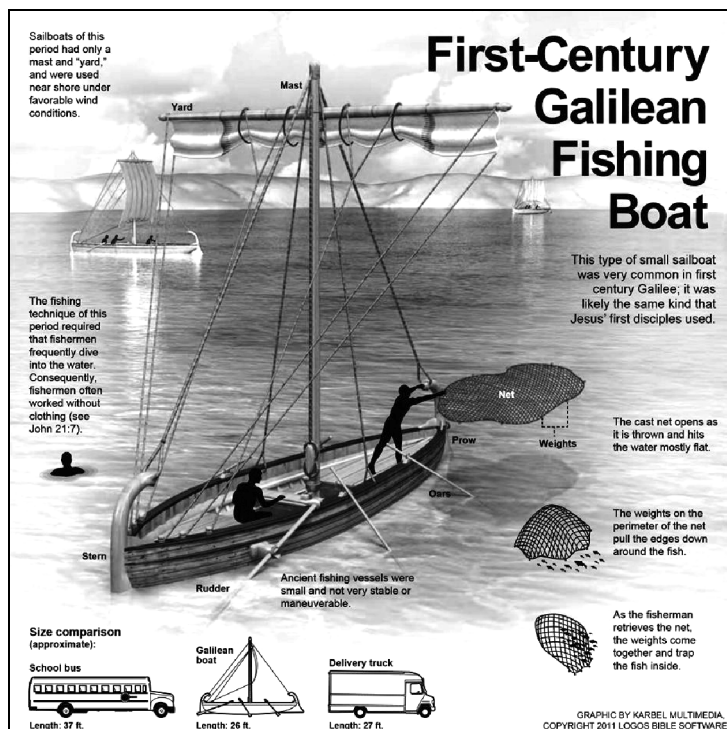
- It's surface is approximately _____ feet below sea level.
- It is roughly _____ miles long and _____ miles wide.
- At its deepest point, it is approximately _____ feet deep.

¹ Zondervan Essential Atlas Bible, by Carl G. Rasmussen

The Greek word for _____ actually translates as _____, inferring that the person noted made their living on or near _____.

Notes on this:

- As many as _____ men would work on a single _____.
- They would use _____ that were mounted on both sides of the craft.
- They were the size of an average _____, approximately _____ feet long, _____ feet wide, and boasted a large mast with a _____.



² Google Image search, graphic credit as noted on image

The most important resource on the boat was _____.

- They were expensive and required _____ to maintain.
- Washing, _____, and drying the _____ were required and took most of the day to complete.

Most of the actual fishing took place _____.

Notes on this:

There were many _____ that could affect the success of your fishing trip.

They had to _____ to deal with anything. This was their _____.

And that is who Jesus recruited to _____ in ministry.

- They were loyal and _____.
- They were seasoned at working _____, day or night.
- They were fierce, _____, and focused.
- Difficult/stressful situations were _____.

Do you think these guys ever got stressed or anxious?

The word _____ is a noun and is defined as:³

- apprehensive uneasiness or nervousness, usually over an impending or anticipated event
- an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate) concerning the reality and nature of a threat, and self-doubt about one's capacity to cope with it

From time to time, even _____ were plagued with _____ and the _____ of being unable to handle the circumstance they were facing.

Turn in your Bibles to Mark 4:35-36. Notes on this:

Let's see what happened. Read Mark 4:37.

The Greek translation implies a _____. It may have resembled the winds/waves of a _____.

"And behold, there arose a great storm in the sea, so that the boat was covered with the waves." (Matthew 8:24)

"But as they were sailing along a fierce gale of wind descended upon the lake, and they began to be swamped and to be in danger." (Luke 8:23)

³ <https://www.merriam-webster.com/dictionary/anxiety>

Notes on this:



Read Mark 4:38. Notes on this:

Their request was simple: _____.

Verse 39 says, *“And being aroused/awakened, He rebuked the wind and said to the sea, ‘Hush, be still.’ And the wind died down and it became perfectly calm.”*

Notes on this:

⁴ <https://fineartamerica.com/featured/christ-asleep-in-his-boat-jules-joseph-meynier.html>

But this storm... it ceased _____ and _____.

That is the power of _____.

Psalm 46:10 says, *“Be still and know that I am God.”* (NIV)

And in that quiet whisper, even the winds and water _____.

Read Mark 4:40-41.

Reality check: Even the men who worked side-by-side with Jesus _____ moments of fear, _____, and a lack of faith.

Notes on this:

HOW TO COMBAT ANXIETY:

1. _____

- Isaiah 41:10 says, *“Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with my righteous right hand.”*

2. _____

- Jeremiah 29:11 says, *“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans for hope and a future.”*

3. _____
 - Psalm 104:33 says, *“I will sing to the Lord as long as I live; I will sing to my God as long as I live.”*

4. _____
 - John 14:27 says, *“Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.”*

5. _____
 - Isaiah 43:2 says, *“When you pass through the waters, I will be with you; and through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, nor will the flame burn you.”*

Friend, you are not alone. We are all in this broken world together.

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- For daily encouragement through Scripture, please follow “truth_plus_grace” on Instagram or “Truth + grace” on Facebook.
- Would you be interested in joining a Facebook Closed Group Discussion with other members of this Bible Study? If so, email tiffany@truthplusgrace.com and let her know your thoughts.