

Daily Jump Start

This is a unique and challenging time for people all over the world. Many of us are struggling with fear, isolation, and anxiety as we are unsure of what our future holds. The “Finding Faith in Fear” message series is designed to give us a better understanding of what Jesus has to say about the many emotions we are experiencing. This week we are going to focus on **FEAR** and how Jesus calms the storms of our life.

DAY 1 - Leaving the Crowd	DAY 2 - The Storms of Life
<ul style="list-style-type: none"> □ Key Verses: On that day, when evening had come, He said to them, “Let us go across to the other side.” And leaving the crowd, they took Him with them in the boat, just as He was. And other boats were with Him.” Mark 4:35-36 □ Key thought and question: Jesus intentionally pulled his disciples away from the crowds to teach them something very important. Do you think Jesus is pulling you “away from the crowds” to potentially teach you something important? Explain. □ Pray: Thank God for using times of solitude and separation from the crowds of life to teach us important lessons. Ask Him for listening ears and open eyes so our faith will outgrow our fears in our daily battles. 	<ul style="list-style-type: none"> □ Key Verse: And a great windstorm arose, and the waves were breaking into the boat, so the boat was already filling. Mark 4:37 □ Key thought and questions: Difficulties and challenges in our lives are much like storms. If you aren't in one currently there is probably one just around the corner! Identify a storm from your past that you made it through. How did you see God at work at that time? What is a storm that you are currently in? □ Pray: Praise God for bringing you through past storms. Confess to God the storms you are currently in and pray for strength to let faith triumph fear even in the midst of stormy days.
DAY 3 - Our Panic, Jesus' Peace	DAY 4 - Faith over Fear
<ul style="list-style-type: none"> □ Key Verses: But He was in the stern, asleep on the cushion. And they woke Him and said to Him, “Teacher, do you not care that we are perishing?” And He awoke and rebuked the wind and the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. Mark 4:38-39 □ Key thought and question: The disciples were fearful. Going out on the lake was Jesus' idea in the first place and now they found Him asleep while their lives were in danger. What are you currently fearful of? □ Pray: Confess to God the fears you are currently dealing with. Praise God that He is in full control of all things and for the peace in life that He provides that conquers fear. 	<ul style="list-style-type: none"> □ Key Verses: He said to them, “Why are you so afraid? Have you still no faith?” And they were filled with great fear and said to one another, “Who then is this, that even he wind and the sea obey Him?” Mark 4:40-41 □ Key thought and question: Being afraid at times is something we all experience. The problem is we often fear the wrong thing. How about you? Do you often find yourself fearing the waves and wind more than the one who created them? □ Pray: Praise God for not only being the creator of all things but having the power to calm any storm He so chooses. Admit to God that we have the tendency to fear the wrong things in this life. He alone is worthy of our praise and adoration.

Looking for a virtual church experience on Sunday? Go to www.firstlight.church/watch-live. Additional resources are available at www.firstlight.church/covid-19. If you have any questions or need prayer, email us at hello@firstlight.church.