

Why Are You So Afraid?

Study & Discussion Questions

01

Passage • Mark 4:35–41

The Sea of Galilee • from The One

(Mk 4:35–41; Lk 8:22–25; Mt 8:23–27)

On that day, as evening arrived, He said to them, “Let’s go over to the other side.” Leaving the crowd, they took Jesus, just as He was, and His disciples and launched out. Other small boats accompanied Him.

A fierce squall arose in the sea, and waves were breaking into the boat and filling it with water. Jesus was in the stern, asleep on a cushion. They awakened Him and said, “Teacher, don’t You care that we’re about to drown?”

He arose and rebuked the wind and the raging water, and commanded the sea: “Peace! Be still!” The wind ceased and a quiet calm replaced it.

Then He asked them, “Why are you so frightened? Do you still lack faith?” They were terrified and said to one another, “Who is this? Even the wind and sea obey Him!”

02

Devotional

Bill Perkins

Before the storm, the disciples had watched Jesus heal the sick,
cast out demons,
and multiply food.

They had seen power flow through Him—
over bodies,
spirits,
and hunger itself.

Then came the storm.

Jesus slept in the boat while waves slammed the hull.
Panic surged.
"Don't You care if we drown?"

Jesus stood,
rebuked the wind,
and calmed the waves.

The wind obeyed.
The waves bowed.

But the storm inside them still raged.

Fear isn't just an emotion—
it's a belief.
A theology under pressure.
It reveals what we think about God
when everything shakes.

Jesus asks,
"Why are you so afraid?"
not to shame,
but to stir.
To awaken what we've forgotten.
To remind us who's in the boat.

You may not know this about Jesus:
He doesn't just calm storms—
He questions fear.

That's what makes
"Why are you so afraid?"
the fourth most important question Jesus asked.

Because it doesn't just expose emotion—
it reveals belief.

It names the silent storm inside us,
the theology we carry
when the waves rise
and shadows move across the mind.

Jesus doesn't just display power—
He invites trust.

Not only in who He is,
but in where He is—
right beside us.

Why are you so afraid?

Reflection Question

Where is fear speaking louder than Jesus in my life right now?

04

What This Means to Me

Jesus' question
exposes the beliefs
beneath my fear.
It calls me back
to who He is
and where He is —
with me in the boat.

Fear makes me forget.
I forget
that the One in the boat with me
is the One who made the wind.

I forget
that the question isn't
“Will we survive?”
but
“Where is your faith?”

Faith
is not a feeling the storm will stop.

Faith
is a settled trust
that even in the storm,
He is with me.
That's the kind of faith
Jesus is calling me to.

05

Discussion Questions

- 1 What stands out to you about Jesus initiating the trip across the lake?
- 2 Why do you think the storm rose so suddenly and violently?
- 3 What does “Don’t You care?” reveal about the disciples’ view of Jesus in that moment?

- 4 What does Jesus' rebuke of the wind and sea teach about His identity?
- 5 Why were the disciples still afraid even after the sea became calm?
- 6 What does "Why are you so afraid?" invite us to examine within ourselves?
- 7 What does "Do you still lack faith?" suggest Jesus expected them to remember?
- 8 Why were the disciples more afraid after the miracle than during the storm?

06

Prayer

Father, steady my heart when fear rises.

*Help me trust who Jesus is
and where He is—
with me in every storm.*

*He is the Servant King—
exalted above every name.*

*I declare this in Jesus' name.
Amen.*

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