



Small group study materials, May 2020

Chapter & verse – Peggy Mulambya-Kabonde (page 16)

Read Mark 4:35-41, followed by Peggy Mulambya-Kabonde’s article.

1. Peggy’s article begins by asking us to reflect on how we respond to challenging situations in life. Discuss the following four fear responses: fight (tackling danger), flight (running from danger), freeze (being unable to move or act), fawn (trying to compromise or comply with the attacker). When you’re afraid, or challenged, do you typically react in any of these ways? Do any of these responses remind you of the disciples in this Bible reading?
2. According to Mark’s Gospel, after Jesus calmed the storm, the disciples were ‘filled with great awe’. What feelings were you left with about Jesus after reading this passage?
3. In the article’s second paragraph, Peggy argues that Jesus did not respond to the storm straight away ‘because he knew that his Father was in control’. How far do you agree with this interpretation? In your life, have you felt, or struggled to feel, that God is in control?
4. ‘Storms come in life for a purpose,’ says Peggy in the article’s third paragraph. Is that how you see it? Why?
5. In the midst of the Covid-19 pandemic, how can we ‘put God first and allow him to be the master of our life and the situation’, as Peggy suggests in the article’s sixth paragraph? What practical steps can we take to strengthen our faith in God at this time?
6. In the seventh paragraph, Peggy references the words of St Paul. Read 2 Corinthians 4:16-18. Do you draw comfort from these words? Reflect on what brings you comfort during difficult times – Bible passages, creeds, prayer, rituals, food. Could what comforts you be shared with others? How?
7. Peggy offers advice about how to behave in a time of crisis (‘Don’t make major decisions;’ ‘Remain calm;’ ‘trust God.’) What advice would you add to hers?

For further reflection: ‘Be strong and bold; have no fear or dread ... because it is the Lord your God who goes with you; he will not fail you or forsake you.’ Deuteronomy 31:6



Prayer: Jesus, who did not stop storms breaking on the disciples but went with them through the storm and brought them peace, be with us, we pray. Give us courage and strength to face the storms in our lives, and bring us safely through. Amen.

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Chapter 8 verse

Peggy Mulamby-Kahonde Chapter 8 verse
‘Let us learn to sail with Jesus, even in times like this’



It is not unusual for things that might seem to be in our favour to turn out to be a trap. It is not unusual for things that seem to be a trap to turn out to be in our favour. It is not unusual for things that seem to be a trap to turn out to be in our favour. It is not unusual for things that seem to be a trap to turn out to be in our favour.

‘Storms in life come for a purpose’

He is the one who says, ‘Let us learn to sail with Jesus, even in times like this’.

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44 | May 2013 | Reform