

**“Jesus Rebukes the Ultimate Storm”**  
**S.O.A.P. Bible Study**

**S=Scripture:** Mark 4:35-41

**O=Observation:** Carefully read Jonah 1 and Mark 4:35-41 making note of all the parallels. What difference is there in the way the storms were stilled? There was a greater storm raging than the one on the lake, however. See Matthew 10:28. How does Jonah 1 foreshadow the stilling of this greater storm? How is Jesus our ‘Jonah’? See Matthew 12:39-40.

**A=Application:** Following Jesus doesn’t ensure the absence of storms. In fact, Jesus himself proclaims just the opposite in John 16:33. What external storms are you facing right now? What internal storms have they prompted to swirl within you? Through his death Jesus bore the fury of the ultimate storm and by his resurrection he rebuked it and proclaimed victory. How does this triumph speak ‘peace, be still’ to the storms that can tend to rise in you?

**P=Prayer:** Write out a prayer based on your meditation on these passages: