

1. **Watch:** Chapter 1 from *The Animated New Testament Complete Learning System, The Miracles of Jesus DVD*. (Video clip is also provided for viewing online.)

2. **Sing:** Hymn #105 “Master, the Tempest Is Raging.”

3. **Read:** “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” John 16:33

4. **Why were Jesus’ disciples frightened by the storm?** (Discuss ideas.)

“...insomuch that the ship was covered with the waves: but he was asleep. And his disciples came to him, and awoke him, saying, Lord, save us: we perish.” (Matthew 8:24–25).

5. **How did Jesus calm their fears?** (Discuss ideas.)

“And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.” (Mark 4:39).

6. In the song, “Master the Tempest Is Raging” we sing: “...Whether the wrath of the storm-tossed sea Or demons or men or whatever it be...” **What kinds of “storms and demons” might we face in our lives?** (Discuss ideas.)

Disease, disabilities, injuries, financial losses, death of a loved one, illness and disappointment from not receiving a hoped for opportunity or blessing that are not due to our own choices are just a few of the storms we might have to face in this life.

President Monson said, “As a boy, I could fathom somewhat the danger of a storm-tossed sea. However, I had but little understanding of other demons which can stalk our lives, destroy our dreams, smother our joys, and detour our journey toward the celestial kingdom of God. ... I’ll name but a few: the Demon of Greed; the Demon of Dishonesty; the Demon of Debt; the Demon of Doubt; the Demon of Drugs; and those twin Demons of Immodesty and Immorality. Each of these demons can wreak havoc with our lives.” *Thomas S. Monson, Liahona, Nov 2002 © Intellectual Reserve, Inc. All rights reserved.*

7. **How can we find peace during life’s storms?** (Discuss ideas.)

“In our own storms in life the Savior is our solace and our sanctuary. If we seek peace, we must come unto Him, the Man who suffered for mankind, who committed His life to healing the sick and comforting the disconsolate, is mindful of your sufferings, doubts, and heartaches. ... The Savior’s teachings and the Church constitute our best safe harbor—yes, our most secure ‘refuge from the storm.’ (D&C 115:6). ...Living the gospel does not mean the storms of life will pass us by, but we will be better prepared to face them with serenity and peace.” *Joseph B. Wirthlin, Ensign, May 2000 © Intellectual Reserve, Inc. All rights reserved.*

8. **How does Jesus Christ’s peace differ from the world’s definition of peace?** (Discuss ideas.)

“‘Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.’ (John 14:27.) ... This peace is of a special kind. With Christ’s peace comes the deep, inner assurance that all things, even our greatest sufferings, will be for our good. ... Such peace does not depend on external circumstance but grows as we become one with Christ.” *George S. Tate, Ensign, Apr 1978 © Intellectual Reserve, Inc. All rights reserved.*

9. **Quote:** “The great test of life is to see whether we will hearken to and obey God’s commands in the midst of the storms of life. It is not to endure storms, but to choose the right while they rage.” *Henry B. Eyring*