

**Recovery Road**  
**Part 1 – “Onramp”**  
**January 8, 2023**

**Mark 4:35-36**

That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him.

**Mark 4:37-38**

A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”

**Mark 4:39**

He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.

**Mark 4:40**

He said to his disciples, “Why are you so afraid? Do you still have no faith?”

**Mark 4:41**

They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

**Matthew 10:28**

Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.

**Proverbs 14:27**

The fear of the Lord is a fountain of life.

**John 7:37-38**

Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”

**Group Questions**

1. Opening discussion: As you think about your emotional/mental/spiritual reserves, how full or empty do you assess your tank to be?
  - a. How does that compare to one year ago? Three years ago?
  - b. How do you think society is doing in general?
  - c. Were you triggered by the opening thought experiment in the sermon?

2. Read Luke 7:18-23. When Jesus' cousin, John the Baptist, was arrested and doubting his faith, Jesus didn't rescue him. Does this challenge your assumptions about God's priorities for your life?
3. Sometimes we confuse our desires with God's promises. What suffers when we confuse the two?
4. Read Mark 4:35-41. Why did the disciples accuse Jesus of not caring? Do you ever feel like God doesn't care?
5. "Fear of the Lord" can be challenging to understand.
  - a. Explain why a person might have been emotionally conditioned to misunderstand this phrase.
  - b. Why is "fear" the only reasonable response to God?
  - c. Explain how fear of the Lord leads to life.
6. What difference would it make if you leveraged every fear or anxiety to drive you back to Jesus? Is there a particular fear or anxiety that you can leverage right now?