

“Be Still: Faith and Peace”

Growth Group Guide

March 1, 2026

WELCOME *(Connecting with each other)*

One way we gain a deeper understanding of something is when we take what we've heard and use it practically in some way. It's going from lecture (passive) to lab (practical application). God's purpose for this kind of transition in our walk with Him, is to build our faith and bring a deep, abiding inner peace to our hearts. A Peace that is especially made for difficulties and the storms of life. The Disciples experienced this with Jesus again and again. Would you say their various experiences of “lecture to lab” deepened their faith and peace in Him? Have you had a “lecture to lab” experience that grew your faith and brought a deep inner peace?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer, inviting the Spirit to guide your conversation and deepen your understanding of having faith and peace in Him. Rejoice that He has good plans for us to grow as people and in knowing Him more deeply.

James 1:2-4 AMP “Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. And let endurance have its perfect result *and* do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing.”

“[Dear, God,] I choose not to resist my trials as intruders, but to welcome them as friends. Thank you that each difficulty is an opportunity to see You work ... that they prepare the soil of my heart for the fresh new growth in godliness that You and I both long to see in me ... I'm grateful that You look beyond my superficial desire for a trouble-free life; instead, You fulfill my deep-down desire to glorify You, enjoy Your warm fellowship, and become more like Your Son.” (Myers, Ruth and Warren. 31 Days of Praise, Day 18. Kindle. 2/26/26.)

WORD *(Letting God speak to us)*

1. **Read Mark 4:1-2.** Based on what we've been learning in the Be Still series, why do you think it was important for Jesus to move from physical healings to teaching the crowds important spiritual truths?
2. **Read Mark 4:35-36.** If you were a disciple, how would you feel about making a trip after a long day with crowd control? What would be your state of mind and physical energy? Might this play into what's ahead?
3. **Read Mark 4:37-38.** What the disciples were experiencing was very real, and life threatening. Plus, they are in this storm not because they disobeyed, but because they obeyed. Then they misjudged Jesus and His actions, feeling as though He didn't care about them. How was He showing care? How can we learn from this if we feel the same?

4. Jesus laid down and took a nap after the storm began. One reason was He was exhausted; does this help you see Jesus as sympathetic to us?
5. Father had clued Jesus into the coming storm. How does this cause you to think differently about Jesus' napping in this moment?
6. **Read Mark 4:39.** Can you imagine hurricane force winds stopping in a moment? Does this help you picture Jesus's power to bring peace and stillness to your heart?
7. **Read Mark 4:40.** Jesus turns to the disciples after calming the storm to address their internal storm. The issue was that they didn't have faith and confidence in Him. That was their biggest enemy, not the outside circumstances. **Read Matthew 6:25-34.** Discuss how these verses grow faith and shrink fear.
8. **Read Mark 4:41.** The disciples ended more afraid than when they started. How could this show us that our view of God might be playing into fears and keeping us from faith?
9. Many times, we pray for external storms to be stopped, thinking this is God's best way to love us. How might this account help change our prayers and our view of God? How are you helped in knowing “the boat won't sink, and the storm won't last forever?”

WALK *(Living out God's purposes)*

- ✓ **One Big Idea: To be still is to have faith that Jesus is with us and receive His peace even in the overwhelming circumstances of life.** Because Jesus is with us, “our boat won't sink, and the storm won't last forever.” In the storms, by the Spirit, we can take an internal posture of rest. We can be still, unmoved, and fully trusting in God. In what area(s) of your life do you need this encouragement? Talk to God about it this week and about any thoughts that are keeping you from confidence and faith in Him and receiving His peace. Go back and listen to one of the sermons in this series for more encouragement.

WORLD *(Embracing God's heart for others)*

Please pray for the people and organizations we support through TCC:

LOCAL

Dove Medical	A free clinic for those with an unplanned pregnancy
Everyone Village	Serving the unhoused in Eugene so they can flourish
Ridgeview School	We help school kids & families living on the margins

REGIONAL

Boise Bible College	Equipping men and women to be church leaders
Evergreen Network	Launching new churches in the Pacific Northwest

GLOBAL

Dominican Republic	Pastor Aury Villa, Ministerio Sanando Almas Church
Haiti	Haitian Christian Mission
Nepal *	Evangelist TW (*name not shared on public forums)
Turkey *	Missionary KR (*name not shared on public forums)

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