

## Why Are We Afraid?

### Description

[RG AUDIO 020116](#)

Mark 4:35—4:41

Sometimes, turning on the news can be a pretty discouraging task. It seems like every other night we hear something related to war, conflict, disease, or financial instability. When we are bombarded with these concerns and uncertainties, it can become easy to respond in a manner similar to the response of Jesus' disciples to the peril of a tempest on the Sea of Galilee. If we are not careful, we can allow ourselves to become so focused on the fearful waves and storms that are in front of us, we forget we serve the God who lives and reigns when the sea is calm as well as when the dark clouds roll in.

Some good questions for us to reflect on as we observe our Lord's reaction to the disciple's fear is, "What are the things in life that cause us to become anxious? When are we most prone to become overwhelmed with fear?" As we reflect on those questions, let us be reminded of the words of our Lord, who challenged us: "Why are you so afraid? Do you still have no faith?" May we trust in the God who calms the storm!

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