

- The "Journeying with Jesus" Series -  
「與耶穌同行」系列

## WHAT TO DO IN THE MIDST OF A STORM

在暴風雨中該怎麼辦

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馬可福音 4:35 – 40

***"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. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped."* (vv.35-37)**

當那天晚上，耶穌對門徒說：「我們渡到那邊去吧。」門徒離開眾人，耶穌仍在船上，他們就把他一同帶去；也有別的船和他同行。忽然起了暴風，波浪打入船內，甚至船要滿了水。  
(35–37節)

1. Being obedient to Jesus does not guarantee you will never experience a storm... (vv. 35-37)  
順服耶穌並不能保證你永遠不會經歷風暴。(35–37節)

***"Jesus was in the stern, sleeping on a cushion."* (v.38a)**

耶穌在船尾上，枕著枕頭睡覺。(38節上)

2. Jesus sleeping during the storm communicated two things... (v. 38a)  
耶穌在暴風雨中安睡傳達了兩層意義。(38節上)

- a. He was resting his body... (Philippians 2:5-8)  
祂在休息...(腓立比書 2:5–8)
- b. He was trusting his Father... (Psalm 3:5-6; 4:8)  
祂信任祂的父親...(詩篇 3:5–6; 4:8)

***"The disciples woke him and said to him, 'Teacher, don't you care if we drown?'"* (v. 38b)**

門徒叫醒了祂，說：「夫子！我們喪命，祢不顧嗎？」(38節下)

3. The disciples did the right thing, but thought the wrong thing... (v. 38b)  
門徒做了正確的事，但想錯了...(38節下)
  - a. The lower our level of understanding, the higher our level of frustration.  
我們的理解程度越低，我們的挫敗感就越高。

***“He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’***

***Then the wind died down and it was completely calm.***

***He said to his disciples, ‘Why are you so afraid? Do you still have no faith?’” (vv. 39-40)***

耶穌醒了，斥責風，向海說：「住了吧！靜了吧！」風就止住，大大地平靜了。耶穌對他們說：「為甚麼膽怯？你們還沒有信心嗎？」（39-40 節）

***Today’s “Big Idea”... 今日主旨***

When you call upon the Lord, peace will be released.

當你呼求主名時，平安就會來臨。