



JOURNEY TAKEAWAY

Join us this week as we journey through Mark together:

READ *Mark 4:35-41*

We often feel afraid when we face things that we can't control. Take some time to make a list: first, write down some of the things that you wish you could control in your life right now, but can't. How do you feel, even when you just write them down?

REFLECT

Now, imagine Jesus with you as you face each of these things.

How would his assured presence change how you are approaching what you can't control?



To receive a weekly text reminder of this week's Journey, text **GraceJourney** to **80123**.