



The law & Gospel method of Bible study is the Church's traditional way to study the Bible, which was popularized by Martin Luther. Law & Gospel Bible study makes a distinction between God's two main Biblical themes: law & Gospel. God's law theme identifies our sin, by revealing what God wants us to do that we don't do. God's Gospel theme identifies our need for Jesus the Savior, and reveals how God's love offers us salvation through Christ.

STEP ONE PRAY FOR THE HOLY SPIRIT TO REVEAL GOD'S VOICE THROUGH THE TEXT:

"Father, let your law and Gospel voice renew our love, faith, and hope."

STEP TWO READ THE TEXT REPEATEDLY UNTIL YOU CAN TELL IT IN YOUR OWN WORDS:

Mark 4:35-41 (See the reverse side of the worksheet for the printed Gospel text)

STEP THREE REVIEW A STUDY BIBLE TO DETERMINE THE TEXT'S THEOLOGICAL MEANING:

The Sea of Galilee is a medium-size lake but it is surrounded by long, narrow valleys that are like wind tunnels funneling the winds into it. When winds arise in these valleys, they sweep into the Sea of Galilee with concentrated force, quickly whipping it into a frenzy. The drama of our Gospel was played out in one of these storms. After having calmed the storm, Jesus turned to his disciples with a rebuke, "Why are you afraid?" He asked. "Have you no faith?" (v40). This is the issue in any kind of crisis: whether we trust God's love and power. As sinful people, we do not possess this kind of faith. In crises, like the disciples we cry out in fear, wondering if we can be confident in God's promises. Jesus uses His power to calm our fears. He gives us faith. Jesus gives us faith through his word, He keeps us from panic. We are not helpless. God is in the storms as well as the calm. No matter what happens, we are in His hands. The disciples began with fear because they lacked faith. They ended with another kind of fear, the consequence of faith. They were filled with awe of Jesus and His power over wind and sea. This is a different kind of fear. We stand in awe and fear of God's being with us, however little we can understand of his workings. The Greek word for fear, *phobos*, is the root of our word, *phobia*. In the Gospel for this Sunday, the disciples go through two kinds of fear: first, they are frightened by the storm; and second, they are "filled with awe" of "frightened with a great fear," as the Greek says (v41) because they do not understand who Jesus is that He can still the storm. Later, after the cross and resurrection, a new kind of fear will grip them: the fear of God that goes with faith. This is the fear Luther speaks of in his explanation of the First Commandment: "We are to fear, love, and trust God above anything else.



Mark 4:35-41 ³⁵On that day, when evening had come, he said to them, "Let us go across to the other side." ³⁶And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. ³⁷A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. ³⁸But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" ³⁹He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. ⁴⁰He said to them, "Why are you afraid? Have you still no faith?" ⁴¹And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

STEP FOUR COMPLETE A LAW & GOSPEL BIBLE STUDY TO *Restore Hope in the Savior*

Law Question: *How does this text reveal our sin (self-centeredness) and how we do not live as God desires?*

Answer.....
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Gospel Question: *How does this text reveal God's gift of Jesus as the Savior who freely offers us salvation?*

Answer.....
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Please send your "answers" to Pastor Bob: Schmalzle@yahoo.com which he likes to incorporate into the sermon.

STEP FIVE PRAYERFULLY MEDITATE UPON GOD'S GOSPEL VOICE: *Restoring Our Hope*

A. Quietening Our Inner Sanctuary: *We quiet our hearts (souls) by focusing on our breathing. Breathe in slowly to the count of five (J-E-S-U-S)...hold your breath to a count of six (C-H-R-I-S-T)...exhale to a count of seven (T-H-E- L-O-R-D). Repeat this pattern of breathing until you are relaxed.*

B. Dwelling within Our Inner Sanctuary: *We meet the Lord Jesus in the sanctuary of our hearts (souls), which is a place created within our mind's eye for us to be with the Lord. Using our favorite sights, sounds, smells and feelings, we visualize our inner sanctuary as a place of peace where the Lord Jesus meets us.*

C. Listening to God's Voice in Scripture Speak to Us through Jesus: *As Jesus meets us in our inner sanctuary, he lovingly shares God's Gospel message of hope from the Scripture text we have just studied. Listening to God's Gospel voice restores our trust and hope that Jesus' death and resurrection freely offers us eternal Salvation. When Jesus speaks to us, our souls are nourished and refreshed.*

STEP SIX SHARE THIS LAW & GOSPEL BIBLE STUDY WITH A FRIEND:

Forward this via email, give a printed copy, or re-post on social media