

Greetings in the name of our Lord and Savior Jesus Christ.

There is a profound moment in Scripture where Jesus sleeps during a violent storm at sea. It's a striking image—waves crashing, winds roaring, experienced fishermen fearing for their lives, and Jesus... asleep.

Have you ever paused to ask why this detail is included in the Bible? Was Jesus simply exhausted? Or is there a deeper spiritual lesson hidden within this scene?

Let's examine this story from Mark 4:36–39:

“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. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, ‘Teacher, don’t you care if we drown?’ He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.”

(Mark 4:36–39)

This is the only recorded time in Scripture where Jesus is described as sleeping. And it happens not during a time of calm, but during chaos. This isn't accidental. It's intentional and rich with meaning.

1. Jesus Slept Not Because He Was Weak, But Because He Was Secure

Jesus is both fully God and fully man (*John 1:1,14; Colossians 2:9*). While He experienced human tiredness, His sleep in the storm demonstrates more than just physical fatigue—it reveals His absolute trust in the Father's sovereignty.

"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."
(Psalm 4:8)

Even as the storm raged, Jesus had no fear. Why? Because He *is* the Lord over creation. He knew the storm could not threaten

God's plan for Him.

2. Storms Expose the Faith Within Us

When the disciples panicked, it revealed their spiritual immaturity. Despite walking with Jesus and witnessing His miracles, fear still overtook their faith.

Jesus responds:

“Why are you so afraid? Do you still have no faith?”
(Mark 4:40)

Here, Jesus isn't just rebuking their fear—He's revealing a key truth: faith rests, fear wrestles. Mature faith enables us to be still even when everything around us is shaking.

3. When Christ Dwells in Us, His Peace Becomes Ours

The Bible teaches that when we accept Jesus, He lives within us

through the Holy Spirit (*Galatians 2:20; John 14:23*). This union with Christ means His peace becomes accessible to us—even in life's fiercest storms.

"You will keep in perfect peace those whose minds are steadfast, because they trust in you."
(Isaiah 26:3)

"Let the peace of Christ rule in your hearts..."
(Colossians 3:15)

If you find yourself restless, fearful, or anxious, it may be a sign to invite Christ deeper into your heart and mind. His presence does not mean the storm disappears immediately—but it means your soul can rest, even while the winds blow.

4. Surrender: Let Christ Carry Your Burdens

Jesus invites us into rest, not through escape, but through

surrender:

“Come to me, all you who are weary and burdened, and I will give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

(Matthew 11:28-29)

When we hand over our fears to Christ, He replaces them with peace. This is not passive resignation—it is active trust.

“Cast all your anxiety on him because he cares for you.”

(1 Peter 5:7)

5. Don't Let Tomorrow Rob Today's Peace

Jesus also addresses the root of worry in His Sermon on the Mount:

“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

For the pagans run after all these things, and your heavenly Father knows that you need them.

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

(Matthew 6:31-34)

True peace comes from prioritizing God’s Kingdom above life’s uncertainties.

Rest Like Jesus

As Psalm 127:2 says:

“In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.”

When Jesus is at the center of your life, He gives rest to your soul—rest that isn't shaken by external storms. Surrender to Him, and allow His presence to calm your fears.

May the Lord bless you and give you peace in every storm.
Amen.

Share on:
WhatsApp