

Program: SS Panel 2026 2 Q

Quarterly title: Growing in a Relationship With God

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Lesson Title: #11 Setbacks

Day Title: Sunday - Life's Storms

For Lesson Dates: Date Here, 2026

Record date: June 6-12, 2026

Note: This color and font = quarterly text

Note: This color and font = John Dinzey notes

Next week's lesson: #12 Share Him

John Dinzey 2026 Q2 L01 Life's Storms

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Question:

>[=] Story:

REF:>>>

*****READ*****

NIL: Not in Lesson

Lesson 11

*June 6–12

Setbacks

SABBATH AFTERNOON

Read for This Week's Study: Mark 4:35–41; Mark 5:21–34; Rom. 5:3–5; Job 19:23–27; Job 23:8–12; Luke 24:13–27; Rom. 8:18, 28.

Memory Text: “And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us”
(Romans 5:3–5, NKJV).

One evening, as the sun dipped over the horizon, a young girl was walking home when a dark storm blew in. She quickened her pace, knowing there was still a way to go. A lone raindrop fell on her cheek, then another, and, before she knew it, she was drenched. She started to run until she flung open the door of her home, her father rushing toward her from the front window. As he wrapped a blanket around her shoulders, he asked her, “I saw you just now, in the rain. Why, with every bolt of lightning, did you stop running to look up and smile?”

“Oh, I stopped to look up,” she said, “because God was taking my picture!”

What is our response when the storms of life come or when we have certain setbacks in our relationship with God? Do we put our head down as the rain pelts upon our backs or do we look up, knowing and trusting that God is there as we turn our face toward Him?

This week, we’ll explore some responses we often have when life is challenging. We’ll consider how we might use life’s setbacks to strengthen, not weaken, our most important relationship.

**Study this week’s lesson to prepare for Sabbath, June 13.*

SUNDAY

June 7

Life’s Storms

Jesus had spent the day speaking to large crowds of people on the shores of Galilee. Jesus’ words would echo in the people’s minds for a long time and down throughout eternity.

As evening fell, Jesus spoke to His disciples, inviting them on a journey with Him. “ ‘Let us cross over to the other side’ ” (Mark 4:35, NKJV). Jesus knew a storm would come but suggested they go anyway. He had an important life lesson to teach His closest followers.

You likely know what happened next.

Read about this storm again in Mark 4:35–41. What lessons on faith can you take from here?

Mark 4:35 On the same day, when evening had come, He said to them, “Let us cross over to the other side.”

36 Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him.

37 And a great windstorm arose, **and the waves beat into the boat**, so that it was already filling.

Mat 8:24 And, behold, there arose a great tempest in the sea, insomuch that **the ship was covered with the waves**: but he was asleep.

Luk 8:23 But as they sailed he fell asleep: and there came down a storm of wind on the lake; and they were filled *with water*, and were in jeopardy.

Mark 4:38 But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, “Teacher, do You not care that we are perishing?”

39 Then He arose and rebuked the wind, and said to the sea, “Peace, be still!” And the wind ceased and there was a great calm.

40 But He said to them, “Why are you so fearful? How *is it* that you have no faith?”

41 And they feared exceedingly, and said to one another, “Who can this be, that even the wind and the sea obey Him!”

Consider these points:

1. Jesus falls asleep on what was likely the only pillow in the boat. **The fishing boats usually had one pillow**, which the driver of the boat, at the stern, sat on. **The person at the stern guided the boat to the destination.** So here, Jesus is in the position of the boat’s “driver,” but He falls asleep at the wheel.
2. Not all the disciples were new to sailing. **Peter, James, and John were experienced fishermen. They knew the Sea of Galilee like the backs of their hands, and they would have known how to combat a storm.**
3. This is the only recorded Gospel account of Jesus sleeping. **During one of the worst storms in their lives, when the disciples are terrified and think they’re going to die, Jesus is asleep at the stern.**

4. The disciples' response in their time of crisis is "Do You not care?" They questioned Jesus' character and His love for them. Too often, this is also our response when we face hard times.

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It's in the midst of hopelessness that we can try to save ourselves (like the disciples), or sometimes it's when we feel pain or loss that we start to question or doubt God's love and care for us. We presume that He should act in a certain way based on what we think and see from our human perspective. But, as with the disciples, **it's in life's storms that God can work the greatest miracles.** God is *always* faithful, even when His apparent lack of involvement doesn't make sense to us. He's in our storms with us and can calm the storm when we cannot.

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How often the disciples' experience is ours! When the tempests of temptation gather, and the fierce lightnings flash, and the waves sweep over us, we battle with the storm alone, forgetting that there is One who can help us. We trust to our own strength till our hope is lost, and we are ready to perish. Then we remember Jesus, and if we call upon Him to save us, we shall not cry in vain. Though He sorrowfully reproves our unbelief and self-confidence, He never fails to give us the help we need. **Whether on the land or on the sea, if we have the Saviour in our hearts, there is no need of fear.** Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger in the way that He knows to be best. DA 336.3

Sin has destroyed our peace. While self is unsubdued, we can find no rest. The masterful passions of the heart no human power can control. We are as helpless here as were the disciples to quiet the raging storm. But He who spoke peace to the billows of Galilee has spoken the word of peace for every soul. However fierce the tempest, those who turn to Jesus with the cry, "Lord, save us," will find deliverance. His grace, that reconciles the soul to God, quiets the strife of human passion, and in His love the heart is at rest. "He maketh the storm a calm, so that the waves thereof are still. Then are they glad because they be quiet; so He bringeth them unto their desired haven." Psalm 107:29, 30. "Being justified by faith, we have peace with God through our Lord Jesus Christ." "The work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever." Romans 5:1; Isaiah 32:17. DA

What is your usual response when you face a storm in your life? How do such moments impact your relationship with God? When have you lived out 2 Corinthians 5:7?

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Additional Notes

Chapter 35—"Peace, Be Still" DA 333

The sun had set, and the blackness of night settled down upon the stormy sea. The waves, lashed into fury by the howling winds, dashed fiercely over the disciples' boat, and threatened to engulf it. Those hardy fishermen had spent their lives upon the lake, and had guided their craft safely through many a storm; but now their strength and skill availed nothing. They were helpless in the grasp of the tempest, and hope failed them as they saw that their boat was filling. DA 334.3

Absorbed in their efforts to save themselves, they had forgotten that Jesus was on board. Now, seeing their labor vain and only death before them, they remembered at whose command they had set out to cross the sea. In Jesus was their only hope. In their helplessness and despair they cried, “Master, Master!” But the dense darkness hid Him from their sight. Their voices were drowned by the roaring of the tempest, and there was no reply. Doubt and fear assailed them. Had Jesus forsaken them? Was He who had conquered disease and demons, and even death, powerless to help His disciples now? Was He unmindful of them in their distress? DA 334.4

Again they call, but there is no answer except the shrieking of the angry blast. Already their boat is sinking. A moment, and apparently they will be swallowed up by the hungry waters. DA 334.5

Suddenly a flash of lightning pierces the darkness, and they see Jesus lying asleep, undisturbed by the tumult. In amazement and despair they exclaim, “Master, carest Thou not that we perish?” How can He rest so peacefully, while they are in danger and battling with death? DA 334.6

Their cry arouses Jesus. As the lightning's glare reveals Him, they see the peace of heaven in His face; they read in His glance self-forgetful, tender love, and, their hearts turning to Him, cry, "Lord, save us: we perish." DA 335.1

Never did a soul utter that cry unheeded. As the disciples grasp their oars to make a last effort, Jesus rises. He stands in the midst of His disciples, while the tempest rages, the waves break over them, and the lightning illuminates His

countenance. He lifts His hand, so often employed in deeds of mercy, and says to the angry sea, "Peace, be still." DA 335.2

The storm ceases. The billows sink to rest. The clouds roll away, and the stars shine forth. The boat rests upon a quiet sea. Then turning to His disciples, Jesus asks sorrowfully, "Why are ye fearful? have ye not yet faith?" Mark 4:40, R.V. DA 335.3

A hush fell upon the disciples. Even Peter did not attempt to express the awe that filled his heart. The boats that had set out to accompany Jesus had been in the same peril with that of the disciples. Terror and despair had seized their occupants; but the command of Jesus brought quiet to the scene of tumult. The fury of the storm had driven the boats into close proximity, and all on board beheld the miracle. In the calm that followed, fear was forgotten. The people whispered among themselves, "What manner of man is this, that even the winds and the sea obey Him?" DA 335.4

When Jesus was awakened to meet the storm, He was in perfect peace. There was no trace of fear in word or look, for no fear was in His heart. But He rested not in the possession of almighty power. It was not as the "Master of earth and sea and sky" that He reposed in quiet. That power He had laid down, and He says, "I can of Mine own self do nothing." John 5:30. He trusted in the Father's might. It was in faith—faith in God's love and care—that Jesus rested, and the power of that word which stilled the storm was the power of God. DA 336.1

As Jesus rested by faith in the Father's care, so we are to rest in the care of our Saviour. If the disciples had trusted in Him, they would have been kept in peace. Their fear in the time of danger revealed their unbelief. In their efforts to save themselves, they forgot Jesus; and it was only when, in despair of self-dependence, they turned to Him that He could give them help. DA 336.2

How often the disciples' experience is ours! When the tempests of temptation gather, and the fierce lightnings flash, and the waves sweep over us, we battle with the storm alone, forgetting that there is One who can help us. We trust to our own strength till our hope is lost, and we are ready to perish. Then we remember Jesus, and if we call upon Him to save us, we shall not cry in vain. Though He sorrowfully reproves our unbelief and self-confidence, He never fails to give us the help we need. Whether on the land or on the sea, if we have the Saviour in our hearts, there is no need of fear. Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger in the way that He knows to be best. DA 336.3

There is another spiritual lesson in this miracle of the stilling of the tempest. Every man's experience testifies to the truth of the words of Scripture, "The wicked are like the troubled sea, when it cannot rest.... There is no peace, saith my God, to the wicked." Isaiah 57:20, 21. **Sin has destroyed our peace. While**

self is unsubdued, we can find no rest. The masterful passions of the heart no human power can control. We are as helpless here as were the disciples to quiet the raging storm. But He who spoke peace to the billows of Galilee has spoken the word of peace for every soul. However fierce the tempest, those who turn to Jesus with the cry, "Lord, save us," will find deliverance. His grace, that reconciles the soul to God, quiets the strife of human passion, and in His love the heart is at rest. "He maketh the storm a calm, so that the waves thereof are still. Then are they glad because they be quiet; so He bringeth them unto their desired haven." Psalm 107:29, 30. "Being justified by faith, we have peace with God through our Lord Jesus Christ." "The work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever." Romans 5:1; Isaiah 32:17. DA 336.4