

NOTES

WARM-UP

- Do you like going to the beach? Why or why not?
- What did you fear the most when you were a child?
- What's the most frightening thing that has ever happened to you?

WORD

28 And Peter answered him, "Lord, if it is you, command me to come to you on the water." 29 He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. 30 But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." **MATTHEW 14:28-30**

When the disciples were in the Sea of Galilee during a storm, Jesus came to them walking on water. Immediately upon seeing Jesus, the disciples became terrified, because they thought they were seeing a ghost (Mark 6:49). Jesus told them not to be afraid. It was Him, and there was nothing to be afraid of. In the same way, when we feel overwhelmed as we face life's storms and difficulties, we often respond in fear. But Jesus tells us that there is nothing to fear or worry about, because He is with us (Isaiah 41:10). Let us look at what will help us overcome our fears during life's storms.

1 Reality

24 but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. 25 And in the fourth watch of the night he came to them, walking on the sea. 26 But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear. 27 But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid." **MATTHEW 14:24-27**

The disciples had to cross the sea to reach Capernaum in a small fishing boat, when right in the middle of nowhere and far from the shore, darkness had fallen and a strong wind was blowing. Unprepared for such a storm and realizing what could take place, the disciples tried their best to row up until three or four miles but reached nowhere near the shore. Yet to their surprise, *they saw Jesus walking on the sea and coming near the boat* (John 6:19). When we face difficult situations, we often try to do many things and forget that God is in control of everything. In this story, Jesus knew exactly what was going on. He was in control, not just of that situation, but over the world He had created (Hebrews 1:3). Where should we put our trust in when we are afraid? (Psalm 56:3)

2 Rescue

28 And Peter answered him, "Lord, if it is you, command me to come to you on the water." 29 He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. 30 But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." 31 Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" **MATTHEW 14:28-31**

God sees our troubles and He wants to save us. Jesus told the disciples not to be afraid and that He is present. Among the disciples, only Peter was willing to step out of the boat to approach and see if it was really Jesus speaking to them. Peter was willing to come closer to Him even if there is a risk of drowning. Although Peter later fell, he still was able to experience the impossible as a result of his bold faith. Audacious faith enables us to see what lies ahead. We can see that Jesus did not leave Peter by himself. He was there to save when he was sinking. In our storms, Jesus sees us and comes to our rescue. The Bible says that *God is our refuge and strength, a very present help in trouble* (Psalm 46:1). What do you do when you are facing challenges?

3 Reassurance

32 And when they got into the boat, the wind ceased. 33 And those in the boat worshiped him, saying, "Truly you are the Son of God." **MATTHEW 14:32-33**

When they got into the boat, the wind ceased. Fear suddenly turned into worship. With the presence of Jesus, their fear was replaced with gladness and peace. There are times when we lack peace because of uncertainties and challenges but Jesus reassures us that he upholds the universe by the word of his power (Hebrews 1:3), therefore, there is no need to fear. How does Psalm 107:29-31 describe God?

APPLICATION

- Do you believe that Jesus sees us and wants to rescue us? From what do you think you need Jesus to rescue you today?
- How do you normally respond to life's storms? How can you trust God more and not fear when facing them?
- How can you encourage others not to be afraid, and put their trust in the Lord? Choose one person to whom you can share what you have learned from this lesson this week.

PRAYER

- Thank God for His sovereignty over all of us. Praise God that *in Him all things hold together* (Colossians 1:17).
- Praise God that He sees us and wants to rescue us. Ask God to give you the grace to trust Him more, even through difficult times. Pray that you will always respond in faith, not fear.
- Declare God's deliverance and protection over your family and friends.



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