

JANUARY 6, 2019

Matthew 14:22-33

Overwhelmed: God, Is This a Test?

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We all deal with anxiety, worry, and depression in some way from time-to-time. Life is full of overwhelming emotions that cause us to be gripped with fear and miss seeing that Jesus is loving and caring for us in the midst of our trials. In this message, we talk about keeping a sound mind and remaining focused on Christ.

REFERENCES

2 Timothy 1:7	Proverbs 8:14

☐ Psalm 119:80 ☐ Proverbs 2:7

THIS WEEK:

Memorize 2 Timothy 1:7, "For God gave us a spirit no	t
f fear but of power and love and self-control."	

- Make a list of things that cause me anxiety and fear and prayerfully give them to God.
- Go to HopeOfDenver.org and submit a request for free biblical counseling.
- Identify what I may be exaggerating in my mind and ask a friend to help me see the reality of the situation.

THOUGHTS	
The disciples left everything to follow Jesus, and then, they left Jesus to row across the Sea of Galilee. It's when the seas became turbulent and the shoreline was lost that the disciples faced their greatest fears. How does that story translate into your life? Facing our fears, especially when God seems absent, is when we find our faith tested the most.	
Re-Read Matthew 14:22–33	
DISCUSSION	
☐ The passage says that the disciples were in trouble and they were alone. What do you imagine it was like for them? What are some ideas of things they could "do" in this situation?	
■ What do the disciples learn from this account?	
■ In verse 27, it says that Jesus stated "I am here." What difference should that make? Additionally, what is it about who Jesus is that we must believe if that statement is going to bring us peace and comfort?	
Let's get practical. How do you invite Jesus into your "boat" in the midst of the storms of life? (ex: "I pray for the right words to say when I have to confront my boss at work.")	
You may be in a storm of life that's bigger than your control. You may not see the presence of Jesus close to you, but you can invite others to help you see Him. Talk with your pastor about the storm you're in and listen for God to speak through their words.	
☐ Fear is an unfortunate reality of life: we all fear at times. Write down a couple verses that ignite courage in your heart. Keep them close to you for the next time you're afraid.	