

Why Are We Afraid?
To introduce and remind you of the following realities:

- Life isn't meant to be a luxury ride—it's filled with difficult experiences.
- Fear can be healthy, but an inappropriate response to fear is sinful.
- Our Father is capable of calming the storms in our lives.

Supporting Scripture

- “Jesus got into a boat, and his followers went with him. A great storm arose on the lake so that the waves covered the boat.” (Matthew 8:23–24 ncv)
- “Suddenly a great tempest arose on the sea.” (Matthew 8:24)
- “In the world you will have tribulation.” (John 16:33)
- “Jesus was sleeping.” (Matthew 8:24 ncv)
- “Why are you fearful, O you of little faith?” (Matthew 8:26)
- “For God has not given us a spirit of fear.” (2 Timothy 1:7)
- “Jesus got up and gave a command to the wind and the waves, and it became completely calm. . . . ‘What kind of man is this? Even the winds and the waves obey him!’” (Matthew 8:26–27 ncv)

I. The Great Seismos

A. Life is stormy.

- “Jesus got into a boat, and his followers went with him. A great storm arose on the lake so that the waves covered the boat.” (Matthew 8:23–24 ncv)

B. Matthew used the word seismos—a quake, a trembling eruption of sea and sky

- (also used in Matthew 27:51–54 at Jesus' death at Calvary and in Matthew 28:2 when Jesus arose from the dead).

C. This storm came suddenly.

- “Suddenly a great tempest arose on the sea.” (Matthew 8:24)

II. Jesus Remains Unstirred in the Storm

A. The absence of storms doesn't set us apart.

- “Don't Christ-followers enjoy a calendar full of Caribbean cruises? No. This story sends the not-so-subtle and not-too-popular reminder: getting on board with Christ can mean getting soaked with Christ. Disciples can expect rough seas and stout winds.”
- “In the world you will [not ‘might,’ ‘may,’ or ‘could’] have tribulation.” (John 16:33, brackets mine)

B. The difference for Christians is whom we discover in the storm.

- “Jesus was sleeping.” (Matthew 8:24 ncv)
- “Why are you fearful, O you of little faith?” (Matthew 8:26)

III. Fear Can Be Healthy

A. Fear can keep us from danger, but an inappropriate response to fear is sinful.

- *“For God has not given us a spirit of fear.”*
(2 Timothy 1:7)

“Fear will always knock on your door. Just don't invite it in for dinner and, for heaven's sake, don't offer it a bed for the night.”

IV. The Father Is Capable of Calming Our Storms

A. Jesus handled the great quaking with great calming.

- “Jesus got up and gave a command to the wind and the waves and it became completely calm.”
(Matthew 8:26 ncv)
- “What kind of man is this? Even the wind and the waves obey him!” (Matthew 8:27 ncv)