

# Stories From the Sea of Galilee: Do Not Worry



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## Scripture

- **Matthew 8:23-26**

When He got into the boat, His disciples followed Him. And behold, there arose a great storm on the sea so that the boat was being covered with the waves; but Jesus Himself was asleep. And they came to Him and woke Him, saying “Save us, Lord; we are perishing!” He said to them “Why are you afraid, you men of little faith?” Then He got up and rebuked the winds and the sea, and it became perfectly calm.

## Other Scriptures

- \*Psalms 71:18
- \* Isaiah 46:4
- \* Joshua 1:6
- \* Deuteronomy 31:6
- \* Psalm 23:6

## Main Points

- We need to realize that fear is not to be embraced.
  - The opposite of fear is faith.
- We need to realize that we often get hit with very specific fears.
- God is the God of the now.

## Questions

1. Does seeing Rabbi in the setting of the Galilee help your appreciation of the passage? How so?
2. Describe the situation in the Matthew 8 passage. What was the chief emotion being described?
3. What did Rabbi prescribe for fear?
4. Why is it important to realize God is the God of the now?
5. Can you recall times when you faced fear? Write about one or two. How did God help? Did God strengthen you through these times?