

## HOW TO FIND CALM IN A CRISIS

### ANXIOUS FOR NOTHING: Part 3

March 14, 2021 | Pastor Brian

#### John 6:16–21 (NLT)

<sup>16</sup> That evening Jesus' disciples went down to the shore to wait for him. <sup>17</sup> But as darkness fell and Jesus still hadn't come back, they got into the boat and headed across the lake toward Capernaum. <sup>18</sup> Soon a gale swept down upon them, and the sea grew very rough. <sup>19</sup> They had rowed three or four miles when suddenly they saw Jesus walking on the water toward the boat. They were terrified, <sup>20</sup> but he called out to them, *"Don't be afraid. I am here!"* <sup>21</sup> Then they were eager to let him in the boat, and immediately they arrived at their destination! (See also Matthew 14)

## HOW STORMS STRENGTHEN ME

### 1. I am **GUIDED** by His grace.

*"Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd." (Matthew 14:22, NIV)*

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6–7, NIV)*

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33, NIV84)*

### 2. I am **TRANSFORMED** by troubles.

*"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." (James 1:2–4, NLT)*

*"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ." (2 Corinthians 1:3–5, NLT)*

### 3. I am **COVERED** by His care.

*"After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone." (Matthew 14:23, NLT)*

*“...He always lives to intercede for them.” (Hebrews 7:25, NIV)*

*“When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear.” (Matthew 14:26, NIV)*

*“But Jesus said to them, “**I AM**; stop being frightened!” (John 6:20, AMP)*

*“But now, this is what the LORD says...“Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the LORD your God, the Holy One of Israel, your Savior...” (Isaiah 43:1–3, NIV)*

*“The will of God will never take you where the grace of God cannot keep you.”*

**4. I am DEEPENED in my difficulties.**

*“Then Peter called to him, “Lord, if it’s really you, tell me to come to you, walking on the water.” “Yes, come,” Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus.” (Matthew 14:28–29, NLT)*

*“What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord...I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead.” (Philippians 3:8–11, NIV84)*

**ACTION STEP**  
**PEACE 1-DAY**