

Sunday Centerpoint

Key Takeaways:

1. Christ's comfort can calm our concerns.
2. Jesus invites us to trust Him the same way we trust God the Father because He is God.
3. When we take our eyes off Jesus and focus on our circumstances, we begin to sink
4. Jesus doesn't wait to judge our worthiness—He immediately reaches out to save us
5. Every time we try to handle life's storms on our own, we end up sinking
6. Calling out "Lord, save me" is not a sign of weakness but the path to rescue

Discussion Questions:

1. Jason mentioned that 50% of adults under 30 report being anxious. Why do you think anxiety is so prevalent in our culture today?
2. What are some common sources of anxiety in your own life right now?
3. Jason acknowledged that John 14:6 ("No one comes to the Father except through me") is a difficult verse for many people. What makes this verse challenging? How do you personally wrestle with it?
4. The sermon argued that this verse is actually loving and inclusive rather than exclusive and hateful. How did Jason make this case?
5. How can we hold both the exclusivity of Jesus' claim AND compassion for those who don't know Him?
6. In Matthew 14:28-31, what enabled Peter to walk on water? What caused him to sink?
7. The quote shared was: "The waves don't drown you. Losing sight of Jesus does." When have you experienced this truth in your own life?
8. What "storms" are you currently facing?
9. The text says Jesus "immediately" reached out to save Peter. What does this tell us about Jesus' character and His response to us when we're struggling?

Practical Applications:

1. Develop a Breath Prayer, choose a simple prayer you can say in one breath: examples: "Lord, save me" | "Holy Spirit, come" | "Jesus, comfort me" | "Lord, give me patience"
2. Practice using it throughout the week when anxiety or worry arise.
3. Read and meditate on Philippians.

