



WHEN YOU FEEL LIKE YOU ARE SINKING

Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up alone on a mountainside to pray. When evening came, the boat was in the middle of the lake, and he was alone on land. He saw the disciples straining at the oars, because the wind was against them. About the fourth watch of the night he went out to them, walking on the lake. He was about to pass by them, but when they saw him walking on the lake, they thought he was a ghost! They cried out, because they all saw him and were terrified. Immediately he spoke to them and said, 'Take courage! It is I. Don't be afraid.' Then he climbed into the boat with them, and the wind died down. They were completely amazed, for they had not understood about the loaves; their hearts were hardened. Mark 6:45-52

MAIN IDEA: LIFE CAN SINK US. UNDERSTANDING GOD IN THE MIDST OF THE STORM WILL PRESERVE ME.

EVER HAVE THAT SINKING FEELING?

Matthew 14:22-33, Mark 6:45-52, John 6:15-21

- **I KNOW I'M SINKING WHEN I CAN'T SEE MY WAY**
By now it was dark... John 6:17a
- **I KNOW I'M SINKING WHEN I FEEL I'M ON MY OWN**
...Jesus had not yet joined them. John 6:17b
- **WHEN I FEEL I'M OUT OF MY COMFORT ZONE**
...the boat was in the middle of the lake... Mark 6:47
They were a long way from shore... Matthew 14:24

- **STRONG FORCES ARE AGAINST ME**
...tossed around and battered by waves Matthew 14:24b
...the waters grew rough! John 6:18
...the wind was against them Mark 6:48
- **I'M STRUGGLING, BUT I'M FAILING**
...they were in serious trouble, rowing hard and struggling against the wind and waves. Mark 6:48

WHAT DOES JESUS DO WHEN I'M SINKING?

1. **JESUS PRAYS FOR ME BEFORE IT HAPPENS**

I have prayed for you, that you will not lose your faith! Help your brothers be stronger when you come back to me. Luke 22:32 NCV

God has blocked my way and plunged my path into darkness. Job 19:8

Who condemns us? Not Christ Jesus, who died and then was raised back to life and is now at the right side of God, interceding for us! Romans 8:34 TEV

2. **JESUS NOTICES MY STRUGGLE**

He saw the disciples straining at the oars. Mark 6:48a

Jesus is able to sympathize with our weaknesses. He was tempted in every way that we are, but he didn't sin. Hebrews 4:15

3. **JESUS COMES THROUGH AT MY MOMENT OF DESPERATION**

About the fourth watch of the night he went out to them, walking on the lake. Mark 6:48 NASB

'I will not abandon you or leave you as orphans in the storm--I WILL come to you!' John 14:18 LB

“WHATEVER IS OVER YOUR HEAD IS UNDER MY FEET.”

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4. HE SHOWS ME HIS TRUE IDENTITY

When the disciples saw him walking on the lake, they were terrified. 'It's a ghost,' they said, and cried out in fear. But Jesus immediately said to them: 'Take courage! IT IS I! Don't be afraid.'
Mark 6:49-50

WHAT SHOULD I DO IF I'M SINKING?

1. HAVE COURAGE BECAUSE JESUS IS WITH ME

Jesus said to them 'Take courage! It is I. Don't be afraid!'
Mark 6:50

2. YOU NEED TO TAKE A RISK IN FAITH

'Lord, if it's you,' Peter replied, 'tell me to come to you on the water!' 'Come,' Jesus said. So Peter got out of the boat, walked on the water and came toward Jesus. Matthew 14:28-29

3. STAY FOCUSED ON JESUS

But when Peter looked around at the high waves, he was terrified and began to sink. 'Save me, Lord!' he shouted.'
Matthew 14:30 NLT

4. DON'T DOUBT

Immediately Jesus reached out his hand and caught him. 'You of little faith,' he said, 'Why did you doubt?' Matthew 14:31

5. PRAISE GOD

'When Jesus climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, 'Truly you are the Son of God.' Matthew 14:32-33

**YOU CAN EITHER WORRY OR YOU CAN WORSHIP.
YOU CAN EITHER PANIC OR YOU CAN PRAY.
YOU CAN TREMBLE OR YOU CAN TRUST.
YOU CAN HAVE FEAR OR YOU CAN HAVE FAITH.**

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