

Antidote

Week 3: Focus

Objective: To challenge us to develop habits that will help us focus on Jesus.

Read together:

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. 23 After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, 24 and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

25 Shortly before dawn Jesus went out to them, walking on the lake. 26 When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

27 But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

28 "Lord, if it's you," Peter replied, "tell me to come to you on the water."

29 "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. 30 But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

31 Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

32 And when they climbed into the boat, the wind died down. 33 Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

Matthew 14:22-33

1. The sermon described fear as a toxin that affects our health, relationships, and faith. Which of those areas do you see fear most impacting in your own life right now?
2. Jesus tells the disciples, "Take courage! It is I. Don't be afraid." (Matt. 14:27). What does this reveal about Jesus' presence in the middle of our storms?
3. Peter took a bold step of faith when he got out of the boat, but fear overtook him when he focused on the waves. Where do you find it most difficult to keep your focus on Jesus instead of the "waves" around you?
4. The pastor said: "*When I focus on Jesus, fear starts to fade.*" What does focusing on Jesus practically look like for you in daily life?
5. The sermon gave three ways to focus on Jesus: **listening in prayer, exercising faith by acting, and walking in obedience**. Which of these comes most naturally to you, and which is most challenging? Why?
6. Sometimes faith means taking action, and sometimes it means being still and trusting God. How do you discern which one God is calling you to in a fearful situation?
7. The disciples worshiped Jesus after the storm calmed (Matt. 14:33). How has God's faithfulness in past situations strengthened your trust in Him during present fears?

Final Thoughts: With so many reasons to be afraid, now, more than ever, we need to develop habits that will help us stay focused on Jesus..

This Week: The challenge was to pick *one new habit* to help focus on Jesus (prayer, acting in faith, or walking in obedience). Which habit will you choose, and what's your first step in practicing it?