



## **First, acknowledge His presence daily.**

When Peter stepped out of the boat to walk on the water in Matthew chapter 14, he did fine as long as his eyes were on Jesus.

But the moment he looked at the wind and the waves, he began to sink in his own strength.

When you wake up tomorrow morning, before the waves of the day crash over you, look to the Spirit.

Simply say, Holy Spirit, thank you that You are with me.  
I need Your help today.

## **Second, ask Him to teach and remind you.**

When you open your Bible this week, do not just read it like a textbook. Pause and ask the Holy Spirit to illuminate the words.

When you are in a difficult conversation, silently ask the Spirit to remind you of the truth of Jesus.

## **Third, stop trying to do it all in your own strength.**

When Peter started sinking, he did not try to tread water or swim harder. He immediately cried out, Lord, save me! And immediately, Jesus reached out His hand and caught him.

When you feel that familiar rising tide of anger, anxiety, or temptation this week, do not just grit your teeth and try to swim harder.

Cry out to the parakletos, the one called alongside to help you.  
Ask Him to reach out and give you the strength you do not have.