

LEANING INTO THIS LOVE

QUIETING OUR FEAR

John 6:16 – 21

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MESSAGE NOTES

Fear: An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

When evening came, His disciples went down to the lake, where they got into a boat and set off across the lake for Capernaum. By now it was dark, and Jesus had not yet joined them. A strong wind was blowing, and the waters grew rough. When they had rowed about three or four miles, they saw Jesus approaching the boat, walking on the water; and they were frightened. But He said to them, "It is I; don't be afraid." Then they were willing to take Him into the boat, and immediately the boat reached the shore where they were heading. — John 6:16 – 21

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 on a mountainside to pray. — Mark 6:45 – 46

Later that night (around 6 pm), 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. — Mark 6:47 – 48a

Shortly before dawn (4th watch/3 am – 6 am) 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. — Mark 6:48b – 50a

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 6:50b – 52

When they had crossed over, they landed at Gennesaret and anchored there. — Mark 6:53

How does Jesus quiet our fears?

- His Presence
- His Word

Your Word is a lamp for my feet, a light on my path. — Psalm 119:105

(Isaiah 41:10; John 14:27; Psalm 94:19; Psalm 55:22; Psalm 46:1; Romans 8:38 – 39)

- Meaningful Relationships

Carry each other's burdens, and in this way you will fulfill the law of Christ. — Galatians 6:2

- Eternal Perspective

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

— 2 Corinthians 4:16 – 18

DISCUSSION QUESTIONS

- What is one thing that stood out to you about the message this weekend?
- Read John 6:16 – 21 as a group
- Each of us faces difficulties — what we can label “storms” — in life. Which “storms” do people today face?
- What difficulties or “storms” frighten you most deeply?
- What underlying spiritual force do you attribute those “storms”?
- In what ways do evil forces impact your life?
- Where do you see Satan’s power influencing your life?
- Why do you think Jesus allowed the disciples to row against the threatening waves for hours without the relief he could have provided? What might we learn from that?
- Briefly describe a time in your life when you did your best to follow Jesus toward a specific goal, but ended up in a very different situation.
- What is one thing you can do this week to apply all that you have learned from this group meeting?