

WORD

But he said to them, "It is I; do not be afraid." **JOHN 6:20**

(Read also **JOHN 6:16-21**.)

When the disciples were in the Sea of Galilee during a storm, Jesus came to them walking on water. Immediately upon seeing Jesus, the disciples became terrified, because they thought they were seeing a ghost (Mark 6:49). Jesus told them not to be afraid. It was Him, and there was nothing to be afraid of. In the same way, when we feel overwhelmed as we face life's storms and difficulties, we often respond in fear. But Jesus tells us that there is nothing to fear or worry about, because He is with us (Isaiah 41:10). Let us look at what will help us overcome our fears during life's storms.

1 Reality

¹⁶When evening came, his disciples went down to the sea, ¹⁷got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. ¹⁸The sea became rough because a strong wind was blowing. **JOHN 6:16-18**

The disciples had to cross the sea to reach Capernaum in a small fishing boat, when right in the middle of nowhere and far from the shore, darkness had fallen and a strong wind was blowing. Unprepared for such a storm and realizing what could take place, the disciples tried their best to row up until three or four miles but reached nowhere near the shore. Yet to their surprise, *they saw Jesus walking on the sea and coming near the boat* (John 6:19). When we face difficult situations, we often try to do many things and forget that God is in control of everything. In this story, Jesus knew exactly what was going on. He was in control, not just of that situation, but over the world He had created (Hebrews 1:3). Where should we put our trust in when we are afraid? (Psalm 56:3)

2 Rescue

When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were frightened.

JOHN 6:19

God sees our troubles and He wants to save us. Seeing Jesus walk on water is a picture of His sovereignty over the situations that we face. And yet, just like the disciples, it is hard for us to recognize Him during times of distress because we set our eyes on other things. However, the Bible says that *God is our refuge and strength, a very present help in trouble* (Psalm 46:1). In our storms, Jesus sees us and comes to our rescue. What do you do when difficulties surround you?

3 Reassurance

²⁰But he said to them, "It is I; do not be afraid." ²¹Then they were glad to take him into the boat, and immediately the boat was at the land to which they were going. **JOHN 6:20,21**

When Jesus said, "It is I," the disciples recognized him and they were glad to take him into the boat and they were immediately safe. When Jesus told them not to be afraid, He was reassuring them that the world is under His feet and because He was with them, their fear was replaced with gladness and peace. There are times when we lack peace because of uncertainties and challenges but Jesus reassures us that he upholds the universe by the word of his power (Hebrews 1:3), therefore, there is no need to fear. How does Psalm 107:29-31 describe God?
