

## I. INTRO (Aaron and Monica)

## II. FUN

## III. Jon

- A. Frustrating thing about that game?
  - 1. You don't really get a choice... sure there's two options but they are both terrible.
  - 2. No middle ground, no asking questions... you just pick the least horrible choice and go with it.
- B. A lot like the situation we are in now
  - 1. Reality... No choice at all- none of us chose for this to happen but we have to deal with it.
    - a. Normal ripped away, health, finances, stuck with the people we live with or without anyone at all
  - 2. No matter what questions we ask, no matter who we want to blame this is still our reality.
- C. And though there **are** glimpses of hope that social distancing will slowly work... things will probably get worse before they get better.
  - 1. We don't know what the next news report will say and it can be scary..
- D. And right now fear tries to tell us we have two options...
  - 1. Would you rather... Panic
    - a. Every itchy throat is a symptom
    - b. I have to buy every square of tp I can get
    - c. Fear leads to anger... it's all the Dems or Rep's fault.
  - 2. Or Denial
    - a. Either deny it's really a problem... all some kind of conspiracy. I'm young/healthy enough to handle the situation

- b. Deny that fear is real... religious saying Faith over Fear... is true but it's not enough we need more.
- c. Denial leads to lack of ability to deal with challenges and the quickly challenging reality of our world right now.

- E. But **fear obscures reality**... b/c in reality there's a better option... one that allows us to face the reality of whatever life throws at us head on with courage.
- F. Not surprisingly Jesus has the answer for us...
  - 1. And it's not "rebuking the evil of Covid 19" or saying have enough faith and you won't get sick.
  - 2. It's something we all can actually do... all has to do with perspective...

## G. The degree of power fear has over you is determined by your perspective.

## IV. GOD (Matt. 8:23-27)

- A. Whenever Jesus talked about fear/anxiety/worry you know what his answer was...
  - 1. Don't be. Don't be afraid...
  - 2. Gee thanks Jesus.
  - 3. Naïve at best... cruel at worst
    - a. Stop feeling sad... oh thanks didn't think of that.
    - b. Makes you feel guilty over something you can't control
    - c. **You can't control what you feel. But you can control your thoughts and actions.**
- B. In Matthew we find one of the most unbelievable stories about Jesus.
  - 1. Background of Matthew... was there and couldn't believe it either...
  - 2. Find it unbelievable... you're in really good company.

## C. V. 23

- 1. Sea of Galilee- 13 mi long and 8 mi wide.

#### D. V. 24a

1. Experienced fisherman...
2. Boat is starting to get swamped...
3. What's Jesus doing?

#### E. V. 24b

1. Sleeping.
2. **Jesus doesn't panic.**
3. Never runs around freaking out...
4. Disciples... not so much

#### F. V. 25

1. Let's put this in perspective...
  - a. They'd seen him teach... with their own eyes and ears
  - b. Seen him do impossible miracles... with their own eyes...
  - c. But they are still overwhelmed by fear.
  - d. **Fear doesn't mean you are a weak or bad person. It means you are a person.**
  - e. Fear is a feeling not a choice... how we respond is the choice

G. Mark (from Peter's point of view) records a very interesting question...

1. "Don't you care that we're going to drown?"
2. Don't you care?
  - a. Often that's the question of fear isn't it? Are we alone in this?
  - b. **Fear tells us we are alone and helpless.**
3. Does God even care?
  - a. If he exists... and loves me why is this happening?
  - b. If he's good and powerful why does he allow pandemics and suffering?
  - c. Probably a question that has entered all of our minds this last month.
  - d. Doesn't mean you're bad... means you're human and you think.

e. God can handle your questions and your doubts... and your fear.

f. **Problem of God** and **Reason for God** show notes

#### H. V. 26a

1. Why are you so afraid?
  - a. They are shouting about the noise of the storm...
  - b. Have you looked around Jesus?!
  - c. That's my shoe that just floated by you!
2. So far the only unbelievable thing that's happened is Jesus has slept through the storm.
3. Matthew writing what's next says... look I know this seems impossible... but this is what happened... go ask the other guys.

#### I. V. 26b

1. Rebuked- Silence! (Like Dumbledore) Stop it!
2. Great Calm- Great= Greek word where we get MEGA- there was Mega Calm.
3. Disciples react like anyone would.

#### J. V. 27

1. Matt- "I know it's hard to believe"
2. "We didn't believe it either and we saw it."
3. They still didn't get what and who Jesus was...
4. Thought he was a great teacher and prophet that could do some neat miracles...
5. Jesus just showed that he was even in control of nature.
6. Who is this?

K. So when Jesus asked, "Why are you afraid?"...

1. It wasn't just knock it off... stop feeling that way...
2. He was saying don't you realize who you are with?
3. I've never lost control... and I've never stopped caring.
4. So little faith!
  - a. Not just believe harder...
  - b. **Faith is choosing to trust in the face of fear.**
  - c. Why don't you trust me?

- L. Took Peter a while to get it but the guy who asked “Don’t you even care”... wrote a few years later...

**1. 1 Peter 5:7**

2. Throw all of your worries and concerns on him... B/c he cares for you...
3. What changed?
4. His perspective... of Jesus and life... how?
5. Not just this miracle but he saw Jesus die... and three days later he saw Jesus alive again.
6. If Jesus can overcome death (if you don’t consider yourself a Jesus follower, this might be a big “if” right now & that’s ok) there’s nothing that needs to overwhelm me.

**7. Following Jesus puts our fears into perspective.**

8. Why he said... fear not. Follow me.
9. Yes... Fear is there... but it doesn’t have to force us into panic or denial.
10. **There is something more overwhelming and powerful than fear... Jesus**... and you know he knows you and cares for you.

**V. YOU**

- A. What do we do?
- B. Show notes some helpful/practical tips for anyone... take a break from the news.
- C. Answer isn’t just stop being afraid.
- D. The deeper answer to fear is to **acknowledge reality** (this is hard but Panic and Denial are not our only choices), **choose to trust, and choose to act.**
- E. How?
  1. JF- Help me trust you. Read the gospels. Know who you are actually following.

2. Not JF- You’d like it to be true wouldn’t you? Research it... check out those books and Can We Trust the Gospels?

3. Read them.... Be open minded.

4. Do something crazy... like ask God to show you that he is real and that you can trust him.

5. Then be helpful... Stay in. Check in. Give out.

**VI. WE**

- A. Things will probably get worse before they get better
- B. This storm isn’t going to just disappear right now
- C. Can’t go over it, can’t go under it, can’t go around it... going to have to go through it...
- D. But we don’t have to go through it alone and controlled by fear.
- E. Let’s make the choice to turn fear into trust and trust into action.
- F. We’re not alone
- G. God is for you and he is for Salem
- H. And together WE can be For Salem.

**VII. Interview with Nate**

**VIII. Closing (Aaron and Monica)**