

A PLAN FOR THE STRESSED & ANXIOUS

JOHN 6:16-21 – ERIC SIMPSON - NOVEMBER 11, 2018



John 6:16-18

¹⁶ When evening came, his disciples went down to the lake, ¹⁷ 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.

¹⁸ A strong wind was blowing and the waters grew rough.

Sea of Galilee = 12 miles long x 7 miles wide

> Jesus often leads us into storms.

Isaiah 43:2-3

2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. 3 For I am the LORD, your God, the Holy One of Israel, your Savior

“The soul is elastic, like a balloon. It can grow larger through suffering. Loss can enlarge its capacity for anger, depression, despair, and anguish, all natural and legitimate emotions when we experience loss. Once enlarged, the soul is also capable of experiencing greater joy, strength, peace and love. What we consider opposites—east and west, night and light, sorrow and joy, weakness and strength, anger and love, despair and hope, death and life—are no more mutually exclusive than winter and sunlight. The soul has the capacity to experience these opposites, even at the same time.” – Jerry Sittser

> Jesus walks toward us in our time of need.

John 6:19

When they had rowed three or three and a half miles, they saw Jesus approaching the boat, walking on the water; and they were terrified.

John 6:20

But he said to them, “It is I; don’t be afraid.”

“It is I” = I AM, the frequently used title for God throughout the OT and NT

“Do not be afraid” = an accurate translation would be “relaaaaaax”

“My confidence in God is somehow quieter but stronger. I feel little pressure to impress God or prove myself to him; yet I want to serve him with all my heart and strength. My life is full of bounty, even as I continue to feel the pain of loss. Grace is transforming me, and it is wonderful. I have slowly learned where God belongs and have allowed him to assume that place—at the center of life rather than at the periphery.” – Jerry Sittser

> When we take Jesus into our boat, we get to where we need to go.

John 6:21

Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading.

Taking Jesus into our boat is an act of trust.