

THE “I” OF THE STORM

Debbie Morris

Focus When storms in life come, we can overcome fear and grow in our faith by seeing that Jesus is with us in the middle of our storm.

Open Have you ever experienced a hurricane or tornado? What was it like?

Read In Matthew 14:22–33, we read that Jesus’ disciples encountered a wind storm on the Sea of Galilee. Jesus was not in the boat with them but came to them by walking on the water. He calmed their fears and revealed to them that He was the Son of God.

Just as the disciples experienced a physical storm, we all have “storms” in our lives. Sometimes we think we won’t have storms if we’re following God. But even when we’re completely obedient, we still encounter storms.

The storms in life test our faith. Storms expose our fears, and we’re often tempted to give in to fear in the middle of a storm. In Matthew 14:27, Jesus said to the disciples in their storm, “It is I; do not be afraid.” He says the same thing to us in our storms. We may feel like we’re dying, but He is God over our storm, and He is with us. He is the “I Am” (Exodus 3:14). Sometimes He will speak to us through the encouraging word of a friend or through a passage of Scripture. And sometimes He speaks directly to our heart.

There are many benefits that come from the storms in our lives. After seeing Jesus walk on water, the disciples were convinced that He truly was the Son of God. In the same way, storms help us to see Jesus and to grow in our understanding of who He is. God also uses storms to adjust our thinking and give us new insight.

Talk

1. Did you see something new in this story from Matthew 14 you hadn't seen before? What did you learn?
2. What are some major areas of our lives where we experience storms? Give some examples of situations that are real life "storms."
3. Why do you think we often respond in fear when life's storms come our way?
4. Have you ever been in a life storm you thought would destroy you? What did God teach you in that storm?
5. Read Isaiah 41:10. Pray this verse over any members of the group who are currently facing a life storm.

Live

Spend some time thinking about the attributes of God—His love, His faithfulness, the fact that He is all-powerful, all-knowing, always present. Praise Him because He is the great "I Am"—bigger than any storm we could ever face!

Pray

Lord, we thank You that You are with us in our storms in life. Thank You that You use the storms to reveal Yourself to us. Please help us, Father, to remember who You are and not to give in to fear when we go through a storm.