

## Comfort in Times of Fear

### Matthew 14:22-36

Earthquakes, famine, disease, illness, war, crime, financial crisis, broken relationships, and fear of failure are just some of the contributors to anxiety characterized by fear. As individuals, we handle fear in different ways. We have different needs and seek comfort that's most appealing to us.

We all have faced times of fear. Fear attacks us at the core of who we are because something personal is in jeopardy. We live in uncertain times where fear could easily dominate our thinking. So, as we press through a scary situation, we may wonder if God will protect and come through for us when we feel afraid. In this passage, Jesus' disciples wondered the same thing! Read Matthew 14:22-36.

### **Hearing the Word**

1. Why do you think Jesus sent the disciples to cross to the other side of the lake ahead of him?
2. What were the disciples experiencing during their time apart from Jesus (v. 24)?
3. What caused the disciples to feel fear (vv. 25-26)?
4. What's the significance of Peter's encounter with Jesus in verses 28-31?
5. When have you encountered Jesus the way Peter did?
6. What was the response of the wind and the disciples when Jesus got into the boat (vv. 32-33)?
7. What does it mean that Jesus is the Son of God?

## **Responding to the Word**

- What doubts are you facing personally and as a nurse that you need to bring to Jesus?
- As a nurse, when have you experienced Jesus calming your fear? Describe that experience.
- How can this passage help prepare you for future times of fear and anxiety?
- We can learn from Jesus' example: He took time off. This alone time would be part of his preparation for his next assignment. Consider what time you can carve out to help prepare for the days ahead?