

ARE YOU OK?

NOVEMBER 16/17 | "ANXIETY & FEAR"

Matthew 14:24-32 | *Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. ²⁵ About three o'clock in the morning Jesus came toward them, walking on the water. ²⁶ When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"*

²⁷ *But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!"*

²⁸ *Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water."*

²⁹ *"Yes, come," Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus. ³⁰ But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted.*

³¹ *Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?"*

³² *When they climbed back into the boat, the wind stopped. ³³ Then the disciples worshiped him. "You really are the Son of God!" they exclaimed.*

Lie: My life is falling apart and there is nothing I can do to fix it.

Truth: God says... "No, despite all these things, overwhelming victory is ours through Christ, who loved us." -Romans 8:37

Heal Step: Change your **FOCUS** to God.

Isaiah 41:10 | *Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

Help Step: Don't push...**BE PRESENT.**

Galatians 6:2 | *Share each other's burdens.*