

Message Notes
Tension at Sea
Matthew 14:22-33

Message Notes and Key Takeaways:

Group Questions
Tension at Sea
Matthew 14:22-33

1. Though tension is uncomfortable, God often uses it to teach. Can you think of a time when something difficult, confusing, or uncomfortable ultimately taught you something important about life? About God?
2. **Read Matthew 14:25-26.** Why do you think something supernatural like this so naturally produces fear? How can this help us understand some of our own fears about God?
3. Jesus calms their fears of the supernatural by identifying himself: "It is I." What difference does it make when we recognize that the God we sometimes fear is the same God who comes to us in Jesus?
4. **Read Proverbs 1:7 and Matthew 10:28.** Clearly, there is a proper fear that belongs to God. How do we square this truth with the fact that we do not need to be utterly terrified by him but can trust in him? What is a healthy fear of God? When does it become unhealthy?
5. **Read Matthew 14:29–30.** Peter trusted Jesus until he stepped out of the boat. Why is it often easier to trust God while hearing his Word at church than when we are confronted by the "wind and waves" afterward?
6. There were two kinds of fears in this story: fear of the supernatural and fear of the wind and waves. Is there a particular kind of fear that has repeatedly challenged you in your life? Perhaps related to the supernatural/faith? Or is it related to earthly things?
7. Find a promise from God that speaks about that fear you previously identified—whether from your memory, by searching online, or consulting a friend. This week, how can you remind yourself of this promise and find peace in it?

Bible Reading
Matthew 14:22-33

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

²⁷ But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water."

²⁹ "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat