

Today's Theme  
**Calm to My Anxious Heart**

With Jesus is in Our Boat  
June 19, 2022

## 1. Storms are going to come

**Matthew 8:23-24** Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.

**Jonah 1:4** Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up.

**Job 38:1** Then the Lord spoke to Job out of the storm...

**Matthew 7:24-25** Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

## 2. It's easy to fall into old thinking patterns during our storms

**OWLs - Old Wired Loops**

**ANTs - Automatic Negative Thoughts**

**Matthew 8:25** The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

## 3. Is Jesus going to calm the storm or are we going to ride it out...together?

**Matthew 8:26-27** He replied, "*You of little faith, why are you so afraid?*" Then he got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

**Psalm 107:29** He stilled the storm to a whisper; the waves of the sea were hushed.

**John 16:33** I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

## 4. Faith in Jesus is our shield in life and for storms

**Psalm 47:9** ...*For the shields of the earth belong to God; He is highly exalted.*

**Ephesians 6:13-17** Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, *take up the shield of faith*, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

**Proverbs 2:7** He holds success in store for the upright, *he is a shield to those whose walk is blameless.*

## 5. We need to learn to go to SAFEheld with Jesus

**S – Stop old thinking break OWLs and kill ANTs**

**A – Ask and Listen**

**F – Follow His truth**

**E – Expect Jesus to show up and look for Him**

**Col 3:2** Set your mind on things above, not on things on the earth.

**Phil 4:8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

**Joshua 1:9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

**Psalm 62:1-2** Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

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**Solar Wind** = Stream of charged particles released from the Sun

**Coronal Mass Ejection (CME)** = Eruption of energetic and highly magnetized plasma from the Sun

**Solar Flare** = a brief eruption of intense high-energy radiation from the sun's surface

**Geomagnetic Storm** = a temporary disturbance of the Earth's magnetosphere caused by a solar wind shock wave and/or cloud of magnetic field