

WHEN YOU FEEL YOU'RE SINKING #HOPE-Part 3

4-19-15

Hope is not optimism.

Optimism is psychological, **optimism** is personal trust in you, and **optimism** is often a denial of reality. **Optimism** is what you think you can do. It's positive thinking, not permanent trust.

Hope is theological; **hope** is personal trust in God. **Hope** is what you think God can do.

1 Peter 1:21 Through him you believe in God, who raised him from the dead and glorified him, and so your faith and **hope** are **in God**.

- **MIRACLES ARE TO _____ MY FAITH WHICH INCREASES MY HOPE.**

Mark 6:45-52 **Immediately** Jesus made his disciples get into the boat and **go on ahead** of him to Bethsaida, while he dismissed the crowd. ⁴⁶ After leaving them, **he went up on a mountainside to pray.** ⁴⁷ When **evening** came, the boat was in the middle of the lake, and he was alone on land. ⁴⁸ **He saw the disciples straining at the oars,** because the **wind was against them.** About the fourth watch of the night **he went out to them, walking on the lake.** He was about to **pass by them,** ⁴⁹ but when they saw him walking on the lake, they thought he was a ghost. **They cried out,** ⁵⁰ because they all saw him and were terrified. **Immediately** he spoke to them and said, "Take courage! **It is I.** Don't be afraid." ⁵¹ Then he climbed into the boat with them, and the wind died down. They were completely amazed, ⁵² for they had not understood about **the loaves;** their hearts were hardened.

THAT SINKING FEELING

Matt. 14:22-33, Mark 6:45-52, John 6:15-21

- I know I'm sinking when I can't see _____ way.
John 6:17a *"By now it was dark..."*

- I know I'm sinking when I feel I'm on my _____.
John 6:17b *Jesus had not yet joined them"*

- I know I'm sinking when I feel I'm out of my _____ zone.
Mark 6:47 *"the boat was in the middle of the lake"*
Matthew 14:24 *"They were a long way from shore"*

- I know I'm sinking when I feel a strong force against me.
Matthew 14:24b *"tossed around and battered by waves"*
John 6:18 *"the waters grew rough!"*
Mark 6:48 *"the wind was against them"*

- I know I'm sinking when I'm struggling, but I'm _____.
Mark 6:48 *He saw the disciples straining at the oars, because the wind was against them.*

WHAT DOES JESUS DO WHEN I'M SINKING?

1. HE _____ MY STRUGGLES.

Mark 6:48 *He saw the disciples straining at the oars, because the wind was against them.*

2. HE _____ AT MY MOMENT OF DESPERATION.

Mark 6:48 *"About the fourth watch of the night he went out to them, walking on the lake."*

3. HE _____ ME HIS TRUE IDENTITY.

Mark 6:49-50 *but when they saw him walking on the lake, they thought he was a ghost. They cried out,⁵⁰ because they all saw him and were terrified. Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid."*

WHAT SHOULD I DO IF I'M SINKING?

1) HAVE COURAGE BECAUSE _____ IS WITH ME.

Mark 6:50 *"Jesus said to them 'Take courage! It is I. Don't be afraid!'"*

2) TAKE A _____ IN FAITH.

Matthew 14:28-29 *"'Lord, if it's you,' Peter replied, 'tell me to come to you on the water!'"²⁹ 'Come,' Jesus said. So Peter got out of the boat, walked on the water and came toward Jesus."*

3) STAY _____ ON JESUS.

Matthew 14:30 *But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"*

4) DON'T _____.

Matthew 14:31 *"Immediately Jesus reached out his hand and caught him. 'You of little faith,' he said, 'Why did you doubt?'"*

5) PRAISE GOD.

Matthew 14:32-33 *And when they climbed into the boat, the wind died down.³³ Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."*

TAKE HOME TRUTHS:

- That Jesus can do anything.
- That Jesus is all you need.
- That faith is the answer to a sinking life.