Remembering That Jesus Is in the Boat

Finding Peace in the Storm · Andy Douglas

Scripture

He awoke and rebuked the wind, and said to the sea, “Peace! Be still!” The wind ceased and there was a great calm. (Mark 4:39 · WEB)

Reflection

When storms rise, it is easy to focus on the waves.

The disciples saw the wind growing stronger and the water filling the boat. Their attention fixed on the danger around them, and fear quickly took hold.

Yet one detail in the story changes everything.

Jesus was in the boat.

While the disciples were overwhelmed by the storm, Jesus remained present with them. The situation had not surprised Him, and it had not placed them outside His care.

Sometimes our own storms feel overwhelming for the same reason. Our thoughts become fixed on the problems around us — the pressures, the uncertainties, the things we cannot control. The more we focus on the waves, the larger they seem to grow.

But when we remember that Jesus is present with us, the picture begins to change.

The storm may still be there for the moment. The wind may still feel strong. But the One who holds authority over the storm is not far away.

He is with you.

The disciples feared they would drown, yet the very presence of Jesus in the boat meant that their story was not finished.

The same truth applies to your life today.

Whatever storm you may be facing, you are not navigating it alone. The One who speaks peace to the wind and waves is still present with you.

And His presence is stronger than any storm.

Prayer

Lord, when the storms of life feel overwhelming, help me remember that You are with me. Turn my attention away from the waves and back toward Your presence. Remind me that the One who holds authority over the storm is guiding my life. Amen.

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