

04-26-2026

Honest to God: Honest About My Fears

Jon Rychener

Northwoods.Church/NowIsTheTime

Mark 4:35 (NIV): That day when evening came, he said to his disciples, "Let us go over to the other side."

Mark 4:36-37 (NIV): Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

Mark 4:38 (NIV): Jesus was in the stern, sleeping on a cushion. ...

Mark 4:38 (NIV): ... The disciples woke him and said to him, "Teacher, don't you care if we drown?"

Mark 4:39 (NIV): He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

Mark 4:40-41 (NIV): He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Four Ways to Raise the Courage Level in Your Life

Way #1: Name Your Fear

Proverbs 26:13 (NIV): A sluggard says, "There's a lion in the road, a fierce lion roaming the streets!"

Way #2: Focus on the Word Not the Waves

Mark 4:40 (NIV): He said to his disciples, "Why are you so afraid? Do you still have no faith?"

Mark 4:35 (NIV): That day when evening came, he said to his disciples, "Let us go over to the other side."

Romans 10:17 (NIV): Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.

Way #3: Fill Your Boat with Faith Lifters

Mark 4:40 (NIV): He said to his disciples, "Why are you so afraid? Do you still have no faith?"

Way #4: Wake Up to God's Power in Your Life

Mark 4:40-41 (NIV): He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Ephesians 1:18-19 (NIV): I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. ...