

Rock Bottom: Don't Be Afraid

Teaching Pastor, Damien Spikereit

March 19th, 2023

John 6:16-21

MESSAGE NOTES

Lesson #1: Jesus invites us to invite his presence into our anxious moments.

How do we invite Jesus into our anxious moments?

1. It starts with confession.
2. It continues with community.
3. It is sustained through his Word.
4. Our anxiety is transformed, even if for a moment, when we worship.

Lesson #2: Jesus presents us with a picture of eternal peace only found in him.

Person or Persons Experiencing Rock Bottom	Passage	Immediate Need Met by Jesus (NOW)	Eternal Need Met by Jesus (NOT YET)
Mary and the Wedding Planners	John 2:1-12	Out of Wine	Eternal Joy
Royal Official	John 4:43-54	Death of Son	Eternal Belief
Invalid at the Pool	John 5:1-9	Disability and Isolation	Eternal Healing
5000+	John 6:1-15	Physical Hunger	Eternal Satisfaction
Disciples	John 6:16-21	Safety in the Storm	Eternal Peace
Man Born Blind	John 9:1-41	Sight and Exclusion	Eternal Light and Acceptance
Lazarus	John 11:1-44	Death of Self	Eternal Life

**Bottom Line: Jesus wants to be your peace,
today and forever.**

DISCUSSION QUESTIONS

1. Share a story of a time you experienced motion sickness.
2. There are three accounts of Jesus walking on water: Matthew 14:22-36; Mark 6:45-52; and John 6:16-21. Read through each of the accounts and identify the details each gospel writer provides.
3. Compared to the other gospel accounts, what seems to be John's point of emphasis?
4. There are two lessons Damien presented from today's story of miraculous hope:

Lesson #1: Jesus is inviting us to invite his presence into our anxious moments.

Lesson #2: Jesus is presenting us with a picture of eternal peace only found in him.

5. One is for NOW, and the other is NOT YET. How do we see this theme of "Now, and Not Yet" throughout the Bible and/or in the gospels?
6. What anxious moments are you currently experiencing that require his peace?
7. Damien shared that his peace is experienced through "Confession, Community, His Word, and Worship." Which one are you needing most right now?
8. How does it give you hope knowing that Jesus is preparing a place of perfect peace for us?