



# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”**

*Mark 4:38*

## **Confronting monsters: Fear**

Fear is such a powerful emotion in our hearts and lives. When we’re scared of something, it very much controls and rules us. Fear can lead us to lash out at people who love us. Fear can lead us to hide away from the people who can help us.

That’s what we see with the disciples here. (Look up the whole account in Mark 4:35-41.) They were in a boat rowing against the waves, trying to get to the other side, all night long. Their boat was nearly swamped. Meanwhile, there was Jesus—asleep. He didn’t seem to care at that moment.

Keep in mind that Jesus had shown the disciples in many ways that he truly cared about them. Keep in mind that Jesus had proven his mighty power. Jesus had great power and deep care and concern for them.

Fear makes us do things we wouldn’t normally do. Fear can make us forget things that we already know. Fear magnifies the trouble of our lives and minimizes the care and the “can” of Jesus.

One of the biggest monsters we face today is fear. In this pandemic, it’s a natural response. We’ve never faced something like this in our lifetime, so it’s unknown and scary.

Instead of focusing on the thing that brings fear to your heart, in faith, “magnify” Jesus. Put the care, the power, and the work of Jesus under a magnifying glass and see that he truly *does* care, that he truly *is* powerful, and that he truly *is* at work in your life.

**Your Savior does!** He does care for you. His love for you is so wide, long, deep, and high that we can only begin to understand it. Put his care under the magnifying glass and begin to learn how big it is (Cf. Ephesians 3:16-19).

**Your Savior can!** He was right there as God at the creation of the world, making all things with his power and might. He is still holding it all together with his powerful word. But his power was most visible when he made everything right between you and God at the cross. Your Savior can! Put his power under the microscope, and you will learn that you can’t even begin to imagine what he is doing (cf. Ephesians 3:20).

**And your Savior is!** He is, right now, at this very moment, sitting on his throne and ruling over all things. All things are under his feet and he rules over them for your good (cf. Ephesians 1:18-23).

Your Savior does. Your Savior can. Your Savior is. Just as he calmed the storm and calmed the fears of his disciples, in the same way, he will calm you in this storm.

**Prayer: Dear Jesus, there is so much that scares me right now. I pray, stop the storm! And if the storm must continue, calm my heart with your presence, your power, and your protection. Amen.**