

PART 2: Hold My Hand

DATE: 07-31-2022

START

When we come face to face with troubles in our lives we focus on someone. We focus on a spouse, a parent, or a friend. When our focus is on other people they can often let us down. When troubles enter our life our focus should always be on Jesus.

- Who do you focus on when troubles enter your life?
- How have you been let down when your focus has been on another person?
- How can you shift your focus to Jesus during troubles in your life?

READ

[Matthew 14:30-31](#) (NLT)

“But when he saw the strong wind and the waves, he was terrified and began to sink. “Save me, Lord!” he shouted. Jesus immediately reached out and grabbed him. “You have so little faith,” Jesus said. “Why did you doubt me?”

THINK

When Peter starts to sink, Jesus reaches out and saves him. Jesus provides support before Jesus holds him accountable for having little faith. We are quick to correct before we offer support, but Jesus calls us to offer support and then hold someone accountable.

- When have you been too quick to judge someone?
- When has someone tried to offer you corrections without support?
- How can we offer support along with accountability?

When we face the storms of life we need to fix our eyes on Jesus, accept our own limits, find strength through worship, and take one storm at a time.

- Where in your life do you need to fix your eyes on Jesus?
- What limitations do you need to acknowledge and accept?
- How can you find strength in your worship?
- What storm in your life do you need to tackle first?

PRAY

“God, help me to keep my eyes focused on you. When the storms of life hit me, help me focus on you, accept my limitations, find strength in worship, and take one storm at a time knowing you are with me.”

ACT

This week, practice fixing your eyes on Jesus. When troubles enter your life, focus on Him and not on the storm around you.

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