

The Questions of Jesus: 'Why are You Afraid? (For Either Way, We Win)

Derek Lehman – July 19, 2026

Matthew 8:23 (NLT)

Then Jesus got into a boat, and started across the lake with his disciples. ²⁴ Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But, Jesus was sleeping. ²⁵ The disciples went and woke him up, shouting, "Lord, save us! We're going to drown!" ²⁶ Jesus responded, "**Why are you afraid?** You have so little faith!" Then he got up, and rebuked the wind and waves, and suddenly there was a great calm. ²⁷ The disciples were amazed. "Who is this man?" they asked. "Even the winds and waves obey him!"

(See also: **Mark 4:35-41** and **Luke 8:22-25**.)

When you are facing a storm, **where** is your faith?

(See **Luke 8:25a**.)

In an emergency, do you call him 'Lord' (**Matthew 8:25**), 'Teacher' (**Mark 4:38**), or 'Master' (**Luke 8:21**)? And, what might that say about your relationship with Jesus?

Are you willing to go wherever he calls you, to do whatever he calls you to do? And, has he found a restful home in your heart? (See also: **Matthew 8:18-20**).

From 'Fearless,' by Max Lucado (2009):

"Fear corrodes our confidence" (p.9).

"Fear drains us dry of contentment" (p.10).

"Fear dismisses God's presence" (p.46).

"Imagine your life without fear."

So, why did Jesus ask them about being fearful? His message may be threefold:

1. I am God, the man that the waves and wind obey;
2. You have nothing to fear, as long as I am with you; and
3. Even if something were to happen to you physically, nothing can hurt you spiritually and keep you from eternal reward.

Matthew 10:28 & 31a

Don't be afraid of those who want to kill your body, for they cannot touch your soul. Fear only God, who can destroy both soul and body in hell... So don't be afraid; you are... valuable to God...

1 Peter 5:7

Give all your worries to God, for he cares about you.

1 John 4:17

...as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, for we can face him with confidence because we live like Jesus here in this world. ^{18a} Such love has no fear, because perfect love expels all fear...

Ten problems fear causes, why it's dangerous and why it's better to deal with it:

1. Fear distorts reality, forcing an inaccurate perspective.
2. Fear negatively affects decision-making and impairs your ability to discern the Spirit's leading, keeping you from the will of God.
3. Fear keeps you from having a Godly perspective, right priorities.
4. Fear keeps you from relying on God, your true source of help.
5. Fear causes you to not only question God's abilities, but his character; not just what God can do, but who he is.
6. Fear can even cause you to doubt his identity and to question his existence altogether.
7. Fear dismisses God's presence, his being with us during trial.
8. Fear keeps you from rest, from the mental breaks that we all need.
9. Fear weakens both your faith and the assurance of our salvation, leading to unnecessary worry.
10. Fear blinds you to his work; and keeps you from worshipping him.

Psalm 34:4

When I prayed to the Lord, he answered me. He then freed me from all my fears.

2 Timothy 1:7

For God has not given us a spirit of fear and timidity; but of power, love, and self-discipline.