

**HOW TO  
NAVIGATE THROUGH  
THE STORMS  
OF LIFE**

# Matthew 8v18-22 (NLT)

<sup>18</sup> When Jesus saw the crowd around him, he instructed his disciples to cross to the other side of the lake. <sup>19</sup> Then one of the teachers of religious law said to him, "Teacher, I will follow you wherever you go." <sup>20</sup> But Jesus replied, "Foxes have dens to live in, and birds have nests, but the Son of Man has no place even to lay his head." <sup>21</sup> Another of his disciples said, "Lord, first let me return home and bury my father." <sup>22</sup> But Jesus told him, "Follow me now. Let the spiritually dead bury their own dead

# Matthew 8v22-27 (NLT)

<sup>23</sup> Then Jesus got into the boat and started across the lake with his disciples. <sup>24</sup> Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. <sup>25</sup> The disciples went and woke him up, shouting, "Lord, save us! We're going to drown!" <sup>26</sup> 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. <sup>27</sup> The disciples were amazed. "Who is this man?" they asked. "Even the winds and waves obey him!"

# **(1) TRAVEL LIGHT**

# Acts 27v18-20

The next day, as gale-force winds continued to batter the ship, the crew began throwing the cargo overboard. 19 The following day they even took some of the ship's gear and threw it overboard. 20 The terrible storm raged for many days, blotting out the sun and the stars, until at last all hope was gone.

# Hebrews 12v1b

...let us strip off every weight that slows us down, especially the sin that so easily trips us up...

# Matt 18v21-22 (NLT)

“Lord, how often should I forgive someone who sins against me? Seven times?”<sup>22</sup> “No, not seven times,” Jesus replied, “but seventy times seven!”

# Matt 18v15 (NLT)

“If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back. <sup>16</sup> But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. <sup>17</sup> If the person still refuses to listen, take your case to the church. Then if he or she won't accept the church's decision, treat that person as a pagan or a corrupt tax collector.



**(2) BE OPEN TO  
CORRECTION**

# Proverbs 15v5b (NLT)

whoever learns from correction is wise.

**(v12)** Mockers hate to be corrected, so they stay away from the wise.

**(v31-33)** If you listen to constructive criticism, you will be at home among the wise. <sup>32</sup> If you reject discipline, you only harm yourself; but if you listen to correction, you grow in understanding. <sup>33</sup> Fear of the Lord teaches wisdom; humility precedes honour.

**(3) CLOTHE YOURSELF IN  
HUMILITY.**

## Galatians 2v20

My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me.

**(4) FIX YOUR EYES ON  
JESUS.**

## Hebrews 12v1b-2 (NLT)

let us run with endurance the race  
God has set before us. 2 We do this by  
keeping our eyes on Jesus, the  
champion who initiates and perfects  
our faith

## Isaiah 26v3 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!



**(5) PROTECT & PROMOTE  
THE PEACE.**

## Matt 5v9

Blessed are the peacemakers,  
for they shall be called sons  
[and daughters] of God.

**(6) DON'T TRAVEL ALONE.**

**(7) HAVE FUN!**

**Proverbs 17v22a (NKJV)**

A merry heart does good, *like*  
medicine