

## No Fear

### Scripture Reading — Mark 6:45-56

*“Take courage! It is I. Don’t be afraid.”*

*Mark 6:50 —*

Are you anxious? Do you worry? If you say yes, you are not alone. The world is filled with anxious people, and there are many reasons for people to grow worried.

There is unemployment, inflation, and the rising cost of fuel and food. For some of us there are serious health problems. And that’s just the beginning.

At times like these we need to look at this episode in the life of Jesus and his disciples:

In the middle of the night the disciples were straining against a strong wind to cross the Sea of Galilee. And when they saw Jesus walking out on the water, they shouted out, because they thought he was a ghost and they were terrified.

Right away Jesus reassured them, saying, “Take courage! It is I. Don’t be afraid.” Jesus knew that his disciples were having a hard time with the wind and the waves. They might even have thought they would drown if the weather suddenly got worse, which often happened on Galilee. Scholars add that the phrase “he was about to pass by” may be a reminder of old stories in which God “passed by” Moses and Elijah to show them his glory and assure them that he would protect and care for them (see Exodus 33:11-20; 1 Kings 19:9-18).

So let’s not fear, but trust. Turn over your fears to the God who controls the universe and cares for you.

### Prayer

*Lord Jesus, we’re often afraid of many things. Replace our fears with confidence in your love, power, and presence. Help us remember that we are always safe in your hands. Amen.*

**Devotion topics:** [Bible](#), [Books of the Bible](#), [Mark](#)

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