

# Stay Calm

## What Do We Do Now? Part 1

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Matt 8:18-28

**18** When Jesus saw the crowd around him, he gave orders to cross to the other side of the lake.

**23** Then he got into the boat and his disciples followed him.

**24** Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.

**25** The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

**26** He replied, "**You of little faith, why are you so afraid?**" Then he got up and rebuked the winds and the waves, and it was completely calm.

**27** The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

**28** When he arrived at the other side in the region of the Gadarenes,  
NIV

## 1. Don't Be Paralyzed by Panic

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## 2. Exercise Faith

**26** He replied, "**You of little faith, why are you so afraid?**" Then he got up and rebuked the winds and the waves, and it was completely calm.

## 3. Trust Jesus to Address the Issue

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