

## **SERMON: “Lessons to Learn from a Sleeping Jesus”**

**Reverend Lisa Eleck**

**August 22, 2021**

Note: Today, we are worshipping over zoom due to the approach of hurricane Henri. Our service is simple with a simple message. We will pray, share scripture, and share a simple message. We will have the service we had planned for this week on August 29<sup>th</sup>. Our co-coordinator from Covenant to Care, Selina Daniels, will join us and together we will worship, fill backpacks and pray a blessing over them and those who will begin this upcoming school year.

### **Scripture: Matthew 8: 23-27**

23 And when he got into the boat, his disciples followed him. <sup>24</sup>A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. <sup>25</sup>And they went and woke him up, saying, ‘Lord, save us! We are perishing!’ <sup>26</sup>And he said to them, ‘Why are you afraid, you of little faith?’ Then he got up and rebuked the winds and the sea; and there was a dead calm. <sup>27</sup>They were amazed, saying, ‘What sort of man is this, that even the winds and the sea obey him?’

### **Sermon: “Lessons to Learn from a Sleeping Jesus”**

Jesus slept. In the midst of great winds and waves, Jesus was asleep in the boat. How could Jesus be sleeping? His friends were in a panic.

I think Jesus knew the importance of sleep and he had faith. Jesus had done his work for the day. He had done everything he needed to do.

He was tired. He was human and knew the importance of sleep. He went to sleep. Yes, in the midst of a storm he went to sleep.

In the midst of this physical storm that we are experiencing today, I am reminded of those other storms that invade our lives and our sleep.

The storms from when our children were little. They have a fever or they are struggling in school – we worry, are they ok?

As teens, young adults, or even adults with their own kids– they are out late or they are traveling – we worry, will they get home safe?

We worry over our parents - are they still safe in their own home? Or are they well cared for in this facility that is now their “home”?

We worry about our families, our jobs, our finances, our health, and what is happening in our world. These are legitimate concerns. There is much we can worry about.

But I think there are lessons we can learn from Jesus being asleep in the boat in the midst of the storm -

Jesus was in the boat in the midst of pouring rain and raging winds – he did not prevent the storm from happening. He was there, in the boat in the midst of the storm. He was with his friends in the middle of the raging wind and waves. Jesus does not prevent the storms of our lives, he is there in the midst of them, with us.

Jesus slept. Jesus had done all he needed to do that day. Then he slept. He did not lay awake and worry. And when his friends woke him, he asked them, ‘Why are you afraid, you of little faith?’ Jesus had faith that his Father was right there, with him. Knowing that his Father was with him was his faith. It enabled him to rest, to sleep.

In the midst of our storms, Jesus is with us. And he invites us to have faith, to not be afraid. So take a minute. As you go through this day and the days ahead, know that Jesus is with us – in the storm, its aftermath, and in each storm and each day of our lives.