

Thought for the Day - Tuesday 4 August

Bible Passage: Matthew 14.22-end

Jesus spoke to them and said, "Take heart, it is I; do not be afraid." (*Matthew 14.27*)

HYMN

Jesu, lover of my soul <https://www.youtube.com/watch?v=moMR1dCwx8M>

For first century Jews the sea was scary, unpredictable, even a mere lake like the Sea of Galilee with its sudden storms blowing down from the hills. It was part of and came to represent the chaos held back by God but which threatened to overwhelm and destroy them at any time.

So this story of Jesus coming to his disciples through the storm takes on a wider meaning. When he says to his disciples '**It is I**' he is using a phrase more common in John's gospel: '**I am**', the 'name' of God who is beyond naming - '**I am** who I am', the voice from the burning bush had said to Moses. **I am** the light of the world, **I am** the Good Shepherd, **I am** the resurrection and the life, **I am** the way, the truth and the life, before Abraham was, **I am**. The Lord comes to us when we feel overwhelmed by the storms of life and says to us, 'Take heart, I am; do not be afraid.'

A Prayer

Faithful God,
Your deliverance is nearer than we know;
Free us from fear
And help us to find courage in your Word,
Jesus Christ, our Lord.
(*from Common Worship, Psalm 56*)