



Storms

The geography of the Sea of Galilee makes it subject to sudden and violent storms as the wind comes over the eastern mountains and drops suddenly onto the Sea. According to the weather service in that area, storms are likely when an east wind blows cool air over the warm air that covers the Sea, the cold air drops as the warm air rises and the sudden change can produce surprisingly furious storms in a short time, as it did in Jesus day. See Matthew 8.

A few more facts: The Sea of Galilee [has many names](#) – Sea of Kinnereth, Lake of Gennesaret, the Sea of Tiberias, and sometimes simply “the lake.” It lies 700 feet below sea level, is eight miles from Mount Arbel on the west to the Decapolis (called the Golan Heights today) on the east, and is 12 miles north to south.

We know from scripture, that the economy of this area is based on fishing and all but one of the original disciples had been a fisherman. To be a successful fisherman on the Sea of Galilee is to understand the idiosyncrasies of the sea and have the ability to cope with sudden storms.

So, when the boat, loaded with disciples and Jesus himself, was overtaken by a sudden storm, the disciples had the know-how and the experience to cope with most storms, but not this time. In desperation, they called on Jesus.

In a recent Church service, the pastor cited songwriter [Jim Cole](#) and quoted a line from his song Master of My Heart: “Master of this heart of mine, captain of the sea; you have calmed the angry waves. Could you calm the storm in me?” That is the point of this meditation, the storms within us. We all have them, at one time or another. Most of the time we can handle the winds and the waves. But there are times when the stresses of

our everyday lives, the depression, the anxiety goes beyond our ability to cope and we come to the end of our rope. At that moment, in desperation, we call on the carpenter of Nazareth to do what we have been unable to do, achieve calmness and peace.

Here's the question: Why do we wait for desperation to set in before we call on our Lord? Why is it that the simple act of giving stressors to the Lord, too often feels like a weakness in our human minds? It feels like we're giving up and we don't know what to do. We forget we are children of God, made in His image, equipped with the Holy Spirit within and brother to Jesus Christ. That's a heck of a well-equipped cheerleading core at our disposal. To top it all off: We are loved! Know that, and act on it! Amen.

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This essay was the Meditation in Stan Escott's [Watchword](#) for June 25, 2021. The content of Watchwords is written from inspiration born of Scripture, devotional readings and reflection. Each post is meant to encourage and give you a sense of peace in these troubled times. To explore Watchwords or sign up for the mailings, visit bosworth30.com/watchwords/.