What happens if you’re playing baseball or softball and don’t heed the coach’s advice to keep your eye on the ball? Or if you’re dicing vegetables and get distracted? and if you’re hammering in nails and lose focus on the task? In any of those cases you’re likely to mess up what you’re doing at best, and at worst could actually get pretty hurt. When you’re dealing with a dangerous task, whether you’re chopping with a knife or driving a car, you want to stay focused so that you can do the job well and safely.

Jesus had a powerful lesson to teach his disciples that night on the Sea of Galilee. Your faith like, like every other component of your life, needs focus. Without focus, there is no faith. Faith’s most basic definition is trust, but if you’re trust is scattered all over the place, it doesn’t actually trust in anyone or anything. Jesus urges us, the Holy Spirit helps us, **keep our faith’s true focus.**

Jesus’ popularity was rising, and the crowds were determined. Jesus had compassion on the crowd and taught them. But the lesson started to go long and the people needed food. Rather than sending the people away to find their own food, Jesus miraculously provided a full meal from just a few portions of food.

Jesus sends his disciples on while he takes care of sending the crowd home. After the crowd was gone, he finally got the alone time to pray that he had originally been looking for. He’s able to pour out his heart to his heavenly Father. In the meantime, a storm had developed on the Sea of Galilee. While the disciples are fighting the wind and the waves, though, they see something out on the water and Jesus brings words of encouragement**. “Take courage,”** he says. As the disciples are being knocked around by the storm, Jesus brings comfort by focusing their faith. He shows himself to be that ever-caring and protecting God by doing something no person could ever do, walking on the stormy sea.

We may well feel like our lives are a stormy sea, and we’re being buffeted by the waves as the disciples boat was. We may well be in great danger or trouble, filled with sadness and apprehension. But Jesus comes to us in the middle of all that torment and says, **“Don’t be afraid”** And no matter what disaster has come our way, our faith can focus on Jesus. No matter what disaster has beset us, he is able to help, with his power, through his Word, and his powerful reminders of his love and forgiveness that are ours.

We often lose the focus of our faith, when we’re more focused on the problems then the solution. At times perhaps we’re more interested in showing off our faith rather than showing off the one we believe in. Either way, our attention and focus goes away from Jesus and either focuses on ourselves and our individual strengths or weaknesses or on the problems that then seem insurmountable. They seem insurmountable because, on our own, they are.

But as we sink into our own seas, Jesus grabs us by the hand. As he pulls us up we’re reminded that while we have lost focus, he has not. And as he yanks us out of the water we’re reminded that there is forgiveness. Are problems weighing us down? Let’s remember to focus on our Savior, who takes care of all things for us. Are we worried about the future? Focus our Savior, who will be there to help you, no matter what storms may arise. Find that focus in his Word, which reminds us of the unending love and forgiveness for us all. Lord, help us to keep our focus on you today, tomorrow, and forever. Amen.