

CONTENTS

Introduction: Why Are You Afraid? **ix**

1. Don't Be Afraid of the Dark **1**

2. Dealing with Unexpected Storms **11**

3. Why Is Jesus Sleeping *Now*? **21**

4. Does Jesus Really Care? **31**

5. "Peace, Be Still!" (The Calming of the Storm) **41**

6. Fear vs. Faith: Is There a Connection? **51**

7. Wait a Minute! Did Jesus Really Just Do the Impossible? **61**

8. You Want Us to Go *Where*? **73**

9. Making Time for Prayer **83**

10. Another Storm **93**

11. When All Looks Hopeless, Here Comes Jesus! **101**

12. Why We Shouldn't Be Afraid **111**

13. Stepping Out of the Boat **121**

14. Focus on Jesus, Not the Storm **133**

Conclusion: Safe in the Boat **143**