



Lord, Save Me

You are standing at the shore of a churning sea. The water breaks heavily against the rocks, and your feet are wet from the spray. You hear the crashing, the violent strength of the water, and you feel the pull of inswell, your bare toes gripping deep into the sand. You sense the storm far out—how it has traveled toward you, with energy and fierceness. It wants to pull you toward it, pull you out into it, tumbling you sure and hard into its depths. But you resolve to stay planted; your mind and heart are aligned, and you are unafraid, undeterred by the threats of the storm's waves.

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Deep breath now.

And another.

Find a quiet place to rest, undisturbed, and inhale deeply through your nose, feeling your lungs expand as your diaphragm pushes the air down, down into the depths of your lungs. Then push the air

out of your diaphragm completely — all the way out — as you exhale gently through your slightly open mouth.

Do this a few more times, eyes closed, palms open and relaxed in your lap.

Then consecrate your mind and imagination to Jesus, giving him your full attention and asking him to lead you deeper into his heart, deeper into his presence. Enjoy his full attention, this absence of separation from him.

Jesus, I consecrate my mind and heart. I love you. I trust you. Fill my heart and mind now. Guide me; help me to experience you; help me to be with you and hear your voice, deep in my heart.

For at least five minutes, stay here with him. Let your holy imagination, consecrated to him, open you to experiencing his closeness. As you listen for your breath, in the quiet, listen for his breath, near you and within you. Try to not speak...or even think. Just be with him. Just be.

Next, after you have stayed in the quiet with Jesus for at least five minutes, linger further — except feel free, now, to open up your journal to a clean page and draw or write how you feel. Tell him, through your words and pictures.

And then listen... hear his breathing... listen for his words to you. What does he say?

Lord, I hear you....

When you feel ready to move on, open your Bible to Matthew 14:22-33.

Read Matthew 14:22-33 slowly — twice if you can. Let the scene come alive: dark water, wind, disciples straining at the oars. Jesus walking toward them. Peter getting out of the boat.

22 Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. 23 And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, 24 but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. 25 And in the fourth watch of the night he came to them, walking on the sea. 26 But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in



fear. 27 But immediately Jesus spoke to them, saying, “Take heart; it is I. Do not be afraid.”

28 And Peter answered him, “Lord, if it is you, command me to come to you on the water.” 29 He said, “Come.” So Peter got out of the boat and walked on the water and came to Jesus. 30 But when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” 31 Jesus immediately reached out his hand and took hold of him, saying to him, “O you of little faith, why did you doubt?” 32 And when they got into the boat, the wind ceased. 33 And those in the boat worshiped him, saying, “Truly you are the Son of God.”

As you read, let one question surface: *What is my storm right now?*

Bring it to God honestly. You might pray:

Lord, the storm feels..... Help me see you walking on these waters....

Lord, save me. When I look at the waves, I feel...

Thank you for reaching for me when my faith....

Rest quietly in Jesus’ presence for a few moments. Picture yourself in the boat, eyes on him, hearing:

Take heart. It is I. Do not be afraid.

Stay here with him. Hear his voice in your heart.

Finally, ask Jesus to help you name something simple and concrete — an active response to his reaching for you, even mid-sinking.

When anxiety rises, I’ll...

Instead of turning the storm over in my mind, I’ll....

Draw a sketch of your interaction with Jesus, if you’d like, as you linger here, in worship.



Thank you, Jesus. I love you.

Amen.

Worship Song Ideas:

- "Found," Lauren Alexandria Dueck
[Spotify](#) | [YouTube](#)
- "Walk with Me," Ben Fuller
[Spotify](#) | [YouTube](#)
- "Wave of Mercy," Regina Vanderijk
[Spotify](#) | [YouTube](#)
- "Goodness of God," Anthem Worship, Elenee, Mass Anthem
[Spotify](#) | [YouTube](#)

