

I just read an article about an upcoming presidential debate in which a mute button is going to be used to prevent candidates from speaking out of turn (I know what you are thinking, but it is just for the microphones). We have all seen debates get out of hand as one candidate speaks and the other one interrupts. It is hard to get a straight answer when things turn to arguing or just plain mayhem over who has the right to speak or who is telling the truth or not. And admit it, there are some of you thinking right now that you wish you had your own mute button to use on certain people. Come on now, be honest, you thought it.

Yes, there are certain voices you do not want to hear. There are certain things you do not want uttered. There are times you just simply want silence, but there is no mute button to push. Well, there is, but it is not our button to push. In Mark 4:35-41, Jesus and the disciples are out on the Sea of Galilee when a fierce storm suddenly arose. Things were looking bleak for the disciples, and where was Jesus? He was asleep in the stern. Scared, the disciples wake up Jesus and accuse him of not caring if they die or not. Jesus, calm and at peace, pushes the proverbial mute button. ***“And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm.”*** (Mark 4:39) The sense of what Jesus said was, *“Be silent. Be muzzled and remain so.”* Jesus did not just silence that storm, but he refused to let it spring back to life.

The disciples were afraid because they lacked faith. They did not understand Jesus. They did not understand his power. Jesus, on the other hand, was completely at peace because he is one with the Father. He knew the storm had no power. He knew he could silence it at any time. And because of this there was no fear in Jesus.

And there is your mute button. When fear begins to tighten its grip on you, when the voices overwhelm you, take a deep breath and turn your attention to Jesus. Fix your eyes on him and give him your fears. Place your life in his steady and gentle hands and trust him. He may not calm the storm around you, but being in the hands of Jesus, the storm in your heart will be quiet.

The opposite of fear is faith. And so, remember Jesus Christ, the Son of God, who defeated sin, Satan and death, and who can handle any fear you give him. Trust him. Jesus will give you peace. Amen.