

Five Minute Sermon

Published in the Gazette wk ending 11th July 2026



Matthew 8:23-27

Calming the Storms of Life

One of the side effects of all this hot weather we've been having is thunderstorms! I saw a remarkable picture of lightening engulfing the Angel of the North a couple of weeks ago. On the one hand its extremely impressive, but on the other quite scary.

In Matthew's Gospel, we read about the disciples encountering a thunderstorm on the Sea of Galilee. It's not surprising that they too were pretty scared by it. Stuck in the middle of open water in a small, wooden boat while the rain is pounding, the thunder is crashing and the waves are so large that they're starting to fill the boat with water. Is it any wonder they wake Jesus up in a blind panic? What he does though is nothing short of remarkable, and perhaps not even what the disciples were expecting, as he stills the wind and the waves. And all was calm.

The world around us feels pretty stormy at the moment today, doesn't it? Where in your own life do you feel like you are in a small, rickety boat with the wind and rain crashing all around you? What is making you feel anxious or afraid? Where are the areas of your own life which feel like a struggle and where it feels like Jesus is quietly asleep in the corner while you are being battered by the winds and the waves.

Hear those words of Jesus afresh today- "Why are you afraid, you of little faith?" Allow him to enter in and calm the storms in your own life today- just as with those first disciples, Jesus may not do what you expect him to do, but he longs to be with you each and every step along the way with you through the storms of life and help to bring about a dead calm.

Amen.

Revd Andrew McAllister

Assistant Curate

The Parish of Jarrow and Simonside