

The 5th Sunday of Epiphany ~ Sunday, February 8, 2026

“Living in the Light: Trust”

Isaiah 43:1-7 & Matthew 14:22-33

Trust is difficult because it requires _____. To trust is to admit that we’re not in _____, that we don’t see the whole picture, and that we must rely on someone—or something—beyond ourselves.

For many people, trust has been learned the _____ way. Trust has been broken by relationships that failed, promises that weren’t kept, systems that disappointed, or prayers that seemed to go unanswered.

We want guarantees. We want _____. We want assurance that things will turn out the way we hope. And when we don’t have those things, trust can feel _____.

Scripture never presents trust as blind _____ or naive confidence. Biblical trust isn’t pretending everything will be fine. It isn’t denying fear, pain, or uncertainty. Instead, trust in Scripture is portrayed as a daily, relational _____ on a faithful and loving God—especially when circumstances are _____.

What does it mean to live in the light of trust when the path ahead is uncertain?

Faith doesn’t spare us from _____. Obedience doesn’t guarantee calm waters. Love doesn’t remove fear. What faith does give us is a place to _____ when the wind picks up.

3 LESSONS ABOUT TRUST

Lesson #1: _____.

Faithful obedience doesn’t guarantee an _____ journey. In fact, sometimes it places us directly into difficulty. The storm isn’t evidence that God has abandoned us, nor is it proof that we’ve done something wrong or failed. It’s simply part of living in a _____ world where winds still blow and waves still rise.

Have you ever noticed that fear has a way of growing when _____ sets in? When we’re worn down, when answers don’t come quickly, when relief is delayed, everything feels _____.

“When you pass through the waters, I will be with you.” (Isaiah 43:2)

God doesn’t promise His people a storm-free life. He promises His _____

within the storm.

Trust doesn’t mean pretending fear isn’t real. And, Scripture never scolds the disciples for being afraid. Fear is named _____. This matters pastorally, because many believers—and I know I’ve done this before—carry unnecessary guilt, thinking fear means _____. However, fear isn’t the opposite of faith, _____ is.

Trust doesn’t begin with confidence, it begins by telling the _____; it begins with prayer that sounds more like honesty than certainty: “Lord, I am afraid.”

Trust begins when we bring our anxiety into God’s presence instead of _____ it behind spiritual language. Trust is refusing to pretend we’re fine when we’re not, and refusing to believe that fear _____ from God’s care

God never asks us to deny _____—He invites us to trust Him within it.

We often imagine that trust means _____, but in Scripture, trust is usually practised in _____: walking, rowing, waiting, watching. It’s learned over time, not granted all at once.

One of the most freeing truths of the Christian life is this: God doesn’t wait for us to be fearless before He comes to us. He _____ us as we are—tired, anxious, uncertain.

Lesson #2: _____.

The _____ matters here.

Jesus comes when their _____ is nearly gone, when the night has been long, and when hope feels thin. He doesn’t wait for the storm to pass before He approaches. He walks directly into the _____ of it and meets them where they’re at.

This is another symptom of fear: it distorts _____.

Jesus isn’t a threat, but fear makes Him look like one. It’s ironic that exhaustion, isolation, and anxiety have so _____ the disciples’ vision that the very presence of the One meant to save them first terrifies them.

When we’re overwhelmed, even good news can look _____.

“Take courage. It is I. Don’t be afraid.” (Matthew 14:27)

These three short sentences carry a lot of _____. First, Jesus encourages them by telling them to have courage. He goes on and gives them the _____ they can be courageous, by identifying Himself. The result of this revelation, is that they need not be _____ of the storm because He is with them.

Eimi (Greek) = “It is I” = YHWH or “YAHWEH (Hebrew) = is the _____ name.

And so, Jesus isn’t just identifying Himself here, He’s also _____ the disciples who He really is. Before He calms the storm, He _____ their hearts by reassuring them, of His divine identity.

“Do not fear, for I have redeemed you; I have called you by name; you are mine.” (Isaiah 43:1)

God’s presence isn’t dependent on circumstances _____. His presence is the _____ for courage.

For many of us, the challenge isn’t believing that Jesus can come to us, it’s _____ Him when He does. Like the disciples in the boat, when we’re anxious or overwhelmed, God’s nearness doesn’t always feel _____ at first. It may arrive as a hard truth, a difficult conversation, a call to trust when we’d rather retreat.

However, courage doesn’t come from everything calming down; it comes from _____ who is with us in the middle of it. Trust grows as we learn to listen for Jesus’ voice, before we demand a change in _____. He speaks first. _____ follows later.

Peter isn’t condemned for stepping out of the boat, nor is he _____ for sinking. Jesus doesn’t say, “Why did you try?” He immediately reaches out and saves him. Jesus rescues Peter while he’s _____.

Jesus doesn’t wait for _____ trust before He acts. He responds to honest _____.

2 IMPORTANT LESSONS

- **Trust isn’t the _____ of fear.**

It’s choosing where we _____ when fear rises. The problem isn’t that Peter notices the storm. The problem is that the storm becomes his _____ instead of Jesus.

- **Peter’s courage doesn’t come from _____ the storm—it comes from**

_____ to Jesus’ invitation.

What sustains him isn’t his ability to walk on water, but Jesus’ _____ to reach out to him when he can’t.

We begin with faith, but _____ pulls our attention away. We fixate on what could go _____, what we can’t control, what feels overwhelming; instead of:

“...looking to Jesus the pioneer and perfecter of our faith...” (Hebrews 12:2)

Yet even then, as our eyes are distracted by everything that’s happening in us and around, Jesus is still _____. Trust isn’t heroic _____; it’s relational _____.

Lesson #3: _____.

The heart of this story isn’t about walking on water; it’s about learning where to place our _____. As I’ve already said, when Peter looks at Jesus, he _____. When he looks at the storm, he sinks.

This isn’t a lesson about extraordinary faith, it’s a lesson about _____.

Peter doesn’t sink because the storm suddenly gets worse. He sinks because his attention _____.

Trust in the ordinary moments looks less like bold leaps and more like quiet _____. Jesus doesn’t remove Peter from the water immediately. He walks with him. And together, they return to the boat.

This shows us that trust is often not learned from escaping our problems, but in _____ with Jesus.

For most of us, the daily practice of trust isn’t about rehearsing worst-case scenarios, or even _____ the problem in front of us; it’s about deciding where our attention will _____ while the problem remains.

Some days, this is as simple as refusing to let anxiety have the first and last word. It looks like _____ our thoughts, our prayers, and our hope toward Jesus—sometimes dozens of times a day! Living in the light of trust means _____, again and again, to turn our attention toward Jesus.

Trust is rarely settled once and for all. It’s _____ in small choices: what we dwell on, what we pray, what we hand back to God when fear resurfaces—and fear will resurface. Trust isn’t _____ about outcomes; it’s confidence in God’s character. God doesn’t promise an easy path, but He promises _____.