

descending like a dove upon Jesus. Sit quietly for a moment and imagine you are hearing those words of affirmation from a heavenly voice for yourself: “This is my beloved daughter...” “This is my beloved son...” Meditate on a time in which you felt affirmed, even celebrated by God. Write your thoughts here.

### Thursday, January 15

The story of Alec Frydman, although harrowing, is inspirational in terms of Alec’s rescue, as he heard the words of assurance, “We see you. We’re coming. We see you.” In the message, Pastor Jack shared the idea that God and Jesus are the ones who see us, comes to us and rescues us. That rescuing is now in our hands, friends! As the church of Jesus Christ in the world today, we are Jesus’ voice, hands and feet. We are the living body of Christ in the world today. Where do you see people in need of rescuing? What can our congregation do realistically to alleviate suffering and pain and minister to the lost? Meditate on these questions and write your idea here.

### Friday, January 16

Read once again Psalm 29. Read the last verse again. “May the LORD give strength to his people! May the LORD bless his people with peace!” Remember, the Hebrew word we translate as peace is *Shalom*; *shalom* is much more than peace, it is wholeness, it is health, it is contentment, it is our salvation. *Shalom* is what God desires for us. It was a huge part of Jesus’ earthly ministry and the purpose of the Holy Spirit that dwells with us today. When was the last time that you felt *shalom*? Meditate on the concepts of wholeness, health, contentment and salvation and write your reflections here, praying for God gift of *Shalom*.

## Message Notes January 11, 2026

### *When Sea Billows Roll\**

- I. In *The Atlantic* magazine this past June, Alec Frydman told his story of being \_\_\_\_\_ in 2023.
  - A. Psalm 29 that we just read talks about the \_\_\_\_\_ sea, but what Alec experienced was more like the words of Psalm 69: “I have come into \_\_\_\_\_ waters, and the \_\_\_\_\_ sweeps over me” (v. 2).
    1. Alec wrote, “I \_\_\_\_\_ often, always aloud. At first, \_\_\_\_\_ for rescue.
    2. He then asked God to \_\_\_\_\_ him.
  - B. What would *you* do if you were lost at sea? Pray, \_\_\_\_\_, atone, \_\_\_\_\_?
    1. The truth is, we can pray to God at any \_\_\_\_\_ and in any \_\_\_\_\_.
    2. We often wait until we are in a \_\_\_\_\_ spot before we reach out to the Lord.
  - C. Henry Brinton and Carl Wilton observe, “we use the phrase “\_\_\_\_” to describe a variety of situations.”
    1. At one time or another, we’ve all been \_\_\_\_\_ at \_\_\_\_\_.
    2. But the good news is this: God is with us in the deep waters, \_\_\_\_\_ to us and \_\_\_\_\_ for us.
- II. By the end of the first week, Alec ran out of \_\_\_\_\_, and he accepted the fact that he was going to \_\_\_\_\_.
  - A. Instead of falling into \_\_\_\_\_, Alec says, “A \_\_\_\_\_ I hadn’t known to look for found me.”
  - B. He hadn’t been looking for peace, but peace \_\_\_\_\_ him.

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\*Psalm 29 and Matthew 3:13-17

- C. In the words of Bible scholar Artur Weiser, God “appears in the \_\_\_\_\_ of the elements and manifests his awesome \_\_\_\_\_.”
- III. God’s \_\_\_\_\_ was seen in the \_\_\_\_\_ of Jesus, which is celebrated in many churches today.
- A. The beginning of the ministry of Jesus was marked by a passing through \_\_\_\_\_.
- B. As Jesus came up from the water, the heavens opened and God’s \_\_\_\_\_ came down like a \_\_\_\_\_ and rested on him.
- C. A voice from the \_\_\_\_\_ said, “This is my \_\_\_\_\_, the \_\_\_\_\_, with whom I am well pleased” (Matthew 3:17).
1. In Jesus, we glimpse the clearest possible sign of God’s \_\_\_\_\_, holiness and \_\_\_\_\_.
  2. Jesus is nothing less than living proof that \_\_\_\_\_ is with us.
  3. Jesus is like the person on the boat who \_\_\_\_\_ out to Alec, “We see you. We’re coming. We see you.”
- IV. This work of seeing and \_\_\_\_\_ out and \_\_\_\_\_ continues today, especially among the \_\_\_\_\_ of Jesus the Christ.
- A. Jesus has no eyes but our eyes, no \_\_\_\_\_ but our \_\_\_\_\_, no feet but our feet.
- B. We can provide this kind of help because we serve a Lord of \_\_\_\_\_, holiness and \_\_\_\_\_.
- C. The last verse of Psalm 29 proclaims, “May the LORD give \_\_\_\_\_ to his people! May the LORD bless his people with \_\_\_\_\_!”
- D. *Shalom* is much more than peace, it is \_\_\_\_\_, it is health, it is contentment, it is our \_\_\_\_\_.

## ***Daily Devotional Guide***

The following is a daily devotional and study guide meant to enhance your understanding of the message and grow as a Christian.

It is offered for your personal reflection or to share with others.

## **Monday, January 12**

Sit quietly for a moment and allow yourself to pay attention to your breathing. When you are fully relaxed, recall a time when you faced a difficulty, remembering that it is simply a memory. Alec Frydman from the message literally was “at sea;” a phrase used to describe a difficult, confusing, perplexing time in our lives. Have you ever thought of yourself as being at sea or adrift with little control over your situation? What other words would you use to describe your ordeal? Pay attention to the emotions that are bubbling up within you. Record your thoughts here and end your devotional time with The Lord’s Prayer to settle your emotions and move one with your day.

## **Tuesday, January 13**

Read Psalm 29. When do you pray? First thing in the morning? Just before going to bed? The blessing at meal times? In the message Pastor Jack shared the ideas that We can pray when our seas are calm, the breeze light and the sun shining, but do we? We often wait until we are in a vulnerable spot before we reach out to the Lord. Meditate for a moment and consider not only the circumstances when you pray, but also what for what do you pray. Take the time today to simply offer a prayer of praise and thanksgiving. Tell God that you love them (Creator, Redeemer and Sustainer). Meditate on your relationship with God, Jesus the Christ and the Holy Spirit and write your reflections here.

## **Wednesday, January 14**

Read Matthew 3:13-17. The Baptism is an inspirational story of the beginning of the public ministry of Jesus. It is a wonderful story of affirmation and the action of the Holy Spirit in Jesus’ life and in ours. The heavenly words, “This is my Son, the Beloved, with whom I am well pleased.” must have filled Jesus’ heart and perhaps shocked the bystanders who witness the Holy Spirit