



# “I’M FEELING SEASICK!”

Mark 4:35-41

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## I. INTRODUCTION

Seasickness is defined as motion sickness experienced on the water. Fear of getting motion sickness is probably the number one reason many vacationers who love to travel do not cruise. Yet, the global cruise industry made more than \$40 billion in 2019 and is projected to generate nearly \$59 billion in 2027. Seasickness is the reaction of your body’s inner ear balance system to the unfamiliar motion of the ship. The ship’s movement causes stress on the cerebellum, the portion of the brain controlling balance and speech. In fact, the brain perceives things on the ship such as walls and furniture and instinctively knows from experience that they’re supposed to be motionless. However, since these items are moving with the sea and the ship, the inner ear and brain becomes stressed and confused and followed by the onset of nausea. Seasickness usually disappears within a few days, even without treatment.

Once the brain finally adjusts to its new environment, people are said to get their “sea legs.” Unfortunately, by the time a person adjusts to the long voyage, the body must readjust itself to land! Life can make you feel seasick! In other words, what our brains perceive versus what’s happening is a perpetual battle for Christians! The dilemmas of life become even more disorientating without Christ! But, when you know that Christ is with you, life’s showers and storms are more manageable! So, if you’re feeling seasick, remember it all begins in your head! This is precisely why Paul exhorts us, “Let this mind be in you, which was also in Christ Jesus!”

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## II. STICK TO THE SCHEDULE!

**v. 35**

A. Keep Jesus on your passenger manifest!

**Matthew 28:20**

B. Jesus never guaranteed a turbulent-free ride!

**John 16:33**

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## III. SEPARATE!

**v. 36**

A. Everyone can’t go where Jesus is trying to lead you!

B. Too much baggage can result in a self-sinking ship!

**Hebrews 12:1**

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## IV. SYNCHRONIZE & SLEEP!

**v. 38**

A. We cannot afford to be out of sync with the Savior!

**Matthew 26:40-42**

B. No sense in having sleep insomnia!

**Psalms 4:8, 121:4; Proverbs 3:24**

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**V. SHOUT!**

**v. 38**

- A. God shouldn't only hear us in times of trouble!
- B. Always bless the Lord!

**Psalm 18:6**  
**Psalm 34:1; 47:1**

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**VI. STAND!**

**v. 39**

- A. You cannot withstand storms effectively laying down!
- B. Stand on the Word!

**Ephesians 6:13-14**  
**2 Thessalonians 2:15**

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**VII. SPEAK!**

**v. 39**

- A. "If you always say what God never said, you'll always get what God never intended!"

**Pastor Suzette T. Caldwell; 1 John 5:14-15**

- B. Watch your mouth!

**Proverbs 18:21; Psalm 19:14**

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**VIII. SIOPAHO – SEE-O-PAH-O!**

**v. 39**

- A. This too shall pass!
- B. Storms don't last always!
- C. Shalom is on the way!

**Psalm 46:10**

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**IX. CONCLUSION**

How we handle our seasickness and storms affect everyone and everything else around. The Bible mentioned there were other "little boats" with them. Those boats represent our family members, colleagues, church family, and centers and spheres of influence. This is significant because not only is it a reminder that we are not alone in life's struggles, but also because our storm response postures impact our destiny. Be encouraged and speak the Shalom of God to every seasick moment you face!

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**Sermon notes are available online at [www.kingdombuilders.com](http://www.kingdombuilders.com) and on the Windsor app**

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