



**Comfort Food: Jesus Calms the Storms of Life**  
**Luke 24:36-43**

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**Introduction:**

- Comfort Food – “A hug in the form of a spoonful of carbs or a mountain of fried goodness.”
- Jesus offers comfort to the disciples.
- Luke 24:36-43

*Jesus Calms the Storms of Life*

- I. **Jesus Offers \_\_\_\_\_ When We’re Afraid, vv. 36-37**
  - Luke 24:36-37
  - John 14:27a
  - Philippians 4:6-7
  
- II. **Jesus Offers \_\_\_\_\_ When We’re Doubtful, vv. 38-40**
  - Luke 24:38-40
  - 1 Corinthians 15:17
  - Three (3) ways to assurance when you doubt:
    1. When you doubt, don’t \_\_\_\_\_ it but acknowledge it.
    2. Take your doubts to the \_\_\_\_\_.
    3. Let doubts deepen your \_\_\_\_\_.
  - Psalm 121:2-4
  
- III. **Jesus Offers \_\_\_\_\_ When We’re Confused, vv. 41-43**
  - Luke 24:41-43
  - Hebrews 6:19a

**Conclusion:**

- Suni and Butch’s unpredictable moment