

## 1 Thalassophobia

- The Fear of the Sea

## 2 Definition

- Thalassophobia – is an intense, irrational and persistent fear of the sea.
- Feelings of panic, terror, dread, rapid heartbeat, shortness of breath, nausea, dry mouth, trembling, and anxiety.
- Psychiatry, more psychiatry, and additional psychiatry.
- Don't join the Navy!
- Gradual and controlled exposure.

## 3 Consequences

- People's fears about the sea effects the Cruise business.
- Stories about the sea are filled with tragic accounts—Titanic, Lusitania, USS Indianapolis, and etc.
- Even movies such as the Poseidon Adventure create a lot of anxiety for would be sea passengers.

## 4 Oasis of the Seas

- On December 5, 2009, Royal Caribbean International is going to send on her maiden voyage the largest cruise ship ever built—the Oasis of the Seas.
- Passengers can easily forget that they're at sea.

## 5 Floating City

- According to The Atlantic magazine (June 2009), it dwarfs a Nimitz-class aircraft carrier, stands taller than a 20-story building and carries 8,000 people.
- Oasis of the Seas features:
  - 21 swimming pools, including a waterpark, a beach pool and two wave pools.
  - On-board actors and actresses offer Broadway-style productions in a playhouse that seats almost 1,400, while water ballerinas present shows in an outdoor AquaTheater.
  - In the middle of the ship is a green space called Central Park, which is half the size of a football field and full of tropical plants and 20-foot trees.

## 6 Floating City

- According to Rory Nugent, the interior space is “a celebration of excess,” the ship is packed with “glitzy amenities and attractions of the sort usually associated with Las Vegas.
- To power this enormous vessel, six massive generators produce enough electricity to light up 105,000 homes. Snaking through the ship are 3,300 miles of electrical cables, enough to stretch across the United States. And 158,000 gallons of paint were needed to cover the ship — sufficient to paint the George Washington Bridge three times over.

## 7 Central Park

## 8 Confession

- No matter how big the ship, in the back of my mind, I'll still will be thinking of the Titanic.
- Fear is a common human emotion—especially when we feel threatened.
- Some fear is good and it can keep us from taking hazardous risks.
- But a lot of times fear can be so irrational and unjustifiable that it can hinder us from trusting God.

## 9 “Fear Not!”

- O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have summoned you by name; you are mine. 2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. 3 For I am the LORD, your God, the Holy One of Israel, your Savior; (Isaiah 43:1–3 NIV)

## 10 “Fear Not!”

- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10 NIV)
- For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. (Isaiah 41:13 NIV)

## 11 “Fear Not!”

- Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go. (Joshua 1:9 NIV)
- Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. 8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Joshua 1:7–8 NIV)

## 12 Little Faith

- One day Jesus tells his disciples, “let us go to the other side of the lake.”
- The disciples went and woke him, saying, “Master, Master, we’re going to drown!” (Luke 8:24 NIV)

- He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. “Where is your faith?” he asked his disciples. (Luke 8:24–25 NIV)

### 13 Little Faith

- After Jesus feeds the 5,000, he sends his disciples out into a boat to cross the Sea of Galilee. He then hides until night fall.
- Later when it is good and dark, he walks out on the lake to find the disciples who are delayed from crossing because of a strong wind.
- When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear. (Matthew 14:26 NIV)
- But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.” (Matthew 14:27 NIV)

### 14 Lord of the Seas

- The Lord does not promise that we will never face rough waters.
- Being a Christian doesn’t mean cruising on the Oasis of the Seas but living with the Lord of the Seas.
- Cruising with God does not mean we’ll never get seasick.
- We can still be hit by
  - an enormous wave of illness,
  - a cold wind of betrayal,
  - a tidal change in the economy or
  - a strong current of temptation.

### 15 God with Us!

- God does not guarantee that our sailing will always be smooth but instead gives us the assurance that God will be with us, and we won’t be overwhelmed.
- No matter how rough the seas become, the Lord will protect us from being completely destroyed.

### 16 What we can Change?

- The great Russian novelist Leo Tolstoy once said, “If you are not happy with your life, you can change it in two ways: either improve the conditions in which you live, or improve your inner spiritual state.
- The first is not always possible, but the second is.”

### 17 Well with My Soul

### 18 Conclusion

- “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (Matthew 28:18–20 NIV)
- God has never promised us a life free of trouble, but he did promise help in the midst of trouble when we turn to him for help.