

Jesus Calms Our Worries

Lesson Guide

Introduction

Parent(s): This lesson is provided by Group Publishing. They have also provided a teaching video you can watch and teach the lesson to your kid(s). Here is the link to the YouTube video: <https://www.youtube.com/watch?v=X9loMYXI92Y&feature=youtu.be> entitled Empowering Courageous Kids Week 2- Jesus' Power Calms Our Worries.

You know, right now lots of people are looking at what's happening around them—people getting sick; churches, schools, and businesses have been closed—and everyone seems to be worried about what's gonna happen next. Being worried is just natural, but if you're a friend of Jesus there's something you can do with your worry, because Jesus has the power calms our worries.

We'll explore that in a minute, but first let's talk about this past week's God sightings. Where have you seen God provide for you? Where has he been busy working in your world? (Share your own example.) Thanks for sharing!

1. Music Video: Won't Worry 'Bout a Thing. <https://www.youtube.com/watch?v=ECtrMo-QcME>.

What do you with worry? Well, these kids have a pretty good idea. How about we get on your feet and let's join them!

2. Family Discussion: That was fun! What a great song to remind us that Jesus' power calms our worries.

[Sigh...] The world seems really worried. Worried about the coronavirus, about jobs, about so many things. What are you hearing that we should be worried about right now? Write or draw the things you're hearing people worry about—one thing on each piece of paper. Make a whole bunch!

Thanks. What do you usually do when you get worried? As for me... (share a brief personal example.) As you talk, crumple up those pieces of paper you wrote on. You'll need them in a few minutes.

Ready? Tell your family: What do you usually do when you worry?

Telling the Story:

There was a guy in the Bible who trusted Jesus, but then started to worry and things didn't go well. If you want to follow along in your Bible, look up **Matthew 14:22-33**

— **Jesus Walks on the**

Water — ²² Immediately

Jesus made the disciples get into the boat and go on



ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. ²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. ²⁷ But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." ²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water." ²⁹ "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" ³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" ³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

(Tell the story in your own words, covering these points and demonstrating the motions in parentheses for kids to copy.)

- Jesus' friends were in a boat (rock back and forth)
- The wind picked up and the waves got bigger (rock back and forth harder)
- The wind was howling! (make howling sound)
- Jesus' friends saw Jesus walking on the water toward them (make surprised face)
- Peter got out of the boat to walk on water with Jesus.

Pick one of you right now to pretend to be Peter (pause 2 beats) Got someone? Parent, you may have to be Peter. Okay, Peter, stand up and look across the room. We're going to pretend that where you're looking is where Jesus is waiting for you. You're going to step out of the boat so take a step up and over...and stand on the water. Now take a step toward Jesus...keep your eyes on him...and now another step...

Everyone else, as Peter walks, throw all those paper worries at him! You may want to give everyone a turn to be Peter.

That's like what happened to Peter! He looked around and saw the wind and waves and got worried he would drown. He took his eyes off Jesus and the worries started distracting him.

Once Peter took his eyes off Jesus and paid more attention to his worries than to Jesus, he sank like a rock. But Jesus grabbed Peter by the arm and saved him.

Here's a question for you to talk about:

- What happened as you tried to walk across the room and the papers kept hitting you?
- Out of all the things you could be worried about, what's the one you worry about most? How is that distracting you from Jesus?

Thanks for sharing! If your worries sometimes distract you from Jesus, you're just like Peter. But you can learn the same lesson he did: Jesus' power calms our worries.

Science Fun: Pepper on Water

Let's try a fun experiment that shows how Jesus' power can calm our worries. We'll need these things...[show components and name them] A bowl of water, pepper, and some sort of dish soap.

First, look at your bowl of water...it's clear and clean.

But then, worries start sprinkling in. (add pepper) A few worries... (add more pepper) then a few more... (shake pepper container hard) and pretty soon worries are all we see. Hey! This pepper reminds me of all the waves Peter saw on the water!

We have a lot of worries coming at us right now. So how can we make those worries run away from us instead?

You can try to clear them out on your own but look what happens... (stick finger in bowl): they just stick to you.

So, do this instead: Wipe off your finger and then put some dish soap on it. That's like keeping your eyes on Jesus. Then put your finger back in with your worries... (the pepper will skitter away)

Jesus doesn't just have power over wind and waves—he has power over our worries, too. He has power over Coronavirus! When we keep our eyes on Jesus, our worries stop bombarding us. Jesus' power calms our worries.

- What would help you keep your eyes on Jesus during this worrying time?

Closing/Prayer

Jesus' power can calm our worries if we keep our eyes on him. Do this: Take someone's hand and pray for that person by name to keep their eyes on Jesus during this time of worry.

Awesome prayers! Now, when this video ends you can draw a cross, heart, or something else that reminds you of Jesus in your Thankfulness Journal. Thank him for calming your worries. Put today's date on that page and keep adding to your journal this week as you see more God Sightings this week. See you next week!