

Explore It

FOR LEADERS

SESSION
07

A COURAGEOUS FAITH

 **Matthew 14:22-36 Jesus walks on water**

Please refer to the Introduction document for more details

Ask children to bring to the session some paper and pens and some chocolate Cadbury's Heroes (if you can't get Heroes then another kind of chocolate e.g. Celebrations, Roses or just some chocolate will be fine.)

Start it

- **Say:** We are going to play a game of Would You Rather? If you choose the first option stand up and if you choose the second option sit down.
- Would you rather have a magic carpet that flies (stand up) or your own personal robot (sit down)?
- Would you rather only be able to crawl on all fours (stand up) or only be able to walk backwards (sit down)?
- Would you rather be stuck at sea (stand up) or stuck in the desert (sit down)?
- Would you rather live without a TV (stand up) or live without your phone (sit down)?

Add your own choices if you would like to, or let the children suggest some!

- **Say:** In each of these questions you had to make a choice about what you would rather do. In today's story we will hear about someone who had a choice to make for Jesus.

Share screen: Show an image of a superhero/superheroes.

- **Say:** Who is your favourite superhero? Why? Tell me something courageous they have done.

Give time for response and discussion.

- **Say:** Who are some other courageous people you know? Tell us why they are courageous.

Give time for response and discussion.

- **Say:** It doesn't take a superhero to be courageous. We are all able to show courage and our faith in Jesus gives us the power to do that.

Sing It

This catchy song tells us about different people in the Bible who demonstrated strength and courage with God at their side. It reminds us to be strong and courageous.

'Be Strong' (Hillsong Kids)

<https://www.youtube.com/watch?v=NENosj521RQ>

Tell It

- **Say:** The story of Jesus walking on water inspires some incredible images.

Tell the children that today as you read the story you want them to draw what they hear. Explain you will read the story slowly and give them some time at the end to finish some parts of the story. They may just draw one image or might draw little pictures of different parts of the story.

🗨️ **Say:** It had been a very busy time for Jesus preaching and healing and journeying with his disciples as he taught them about what it means to follow Jesus. And, he had just finished feeding the five thousand before this happened...

Read Matthew 14:22-33.

Give the children time to finish their drawings and then ask those who want to to share their drawing and explain what is happening.

🗨️ **Say:** Jesus gave Peter the courage to step out of the boat and Peter was able to walk on water, until he stopped focusing on Jesus. In our lives, we can also stop looking at Jesus when we get scared or worried. Jesus reminds us keep our focus on him throughout the tough times.

Ask the children to each name one time that Jesus has helped them to be strong and brave.

Give time for response and discussion.

🗨️ **Say:** Jesus gives us courage when we have faith in him. It takes courage to change our actions when we are worried or to stand out from the crowd when we know God's way is the right way and others are not following. The good news is Jesus gives us that courage when we have faith in him. Peter had lots to learn about faith in Jesus and many times he failed, but Peter came out of each failure with more faith and courage. The great news is when we get it wrong, God doesn't give up on us.

Action It

Share Screen: Share your whiteboard and draw a circle or a square. In the shape write/type Comfort Zone. Outside the shape write/type Courage Zone. (You may want to practise using this function on the whiteboard before the session!)

🗨️ **Say:** There are lots of things we are comfortable doing. In my comfort zone is... (Share some examples e.g. cooking as I know I can cook well, and I enjoy it.)

Can you share some examples of things which are in your comfort zone?

Give time for response and discussion and write/type the children's thoughts inside the shape.

🗨️ **Say:** There are some things we find it hard to do. We need a little more encouragement. In my courage zone is... (Share some examples e.g. public speaking as I get nervous about saying the wrong thing.)

Can you share some examples of things which are in your courage zone?

Give time for response and discussion and write/type the children's thoughts inside the shape.

Pray It

🗨️ **Say:** Do you have a hero in your life - someone who has said or done something that made a difference to you? It could be a small thing that might have had a significant impact.

Take a 'Hero' chocolate and thank God for them making a difference in your life.

You could be someone's hero too. It may be something you say or do. You may already have done something which felt insignificant to you but started to change someone else's life. Don't underestimate what you can do for God and for others.

Take a 'Hero' chocolate and pray God will give you the skills to speak and act to make a difference to others.

Sometimes we know God is asking us to do something, we feel it is the right thing to do but we lack the courage to do it. Think about the things you put in your courage zone.

Take a 'Hero' chocolate and pray for God's help.

Finally: You could split the children into pairs using the 'breakout rooms' function, and ask them to pray for each other, that Jesus would give them courage to step out into their courage zone more often.

Explore It

Remember to share the Explore It (For Me) and Explore It (Together) ideas for children and families.