

Jesus Helps Us Face Fear and Confusion

BIBLE PASSAGE: Mark 6:45-52

DISCUSSION QUESTIONS

- What did Jesus go away to do on the mountain? (pray)
- Where were the disciples? (in a boat)
- What did the disciples think they saw on the water? (a ghost)
- What did Jesus say to them when He got to the boat? (something like: Have courage! It is I. Don't be afraid or Do not fear!)
- What did Jesus do after they anchored the boat? (he continued to heal people)
- What are some ways we can spend time with Jesus?
- Is there something in your life that you struggle with or that is hard for you?
- Has Jesus rescued you? What were you saved from, and what does that mean for you today?
- What did today's story teach you about Jesus and who He is?
- How does this story make you love God more?

BIBLE LEARNING ACTIVITIES

***Recall the bible story**

Things you need: Printables: Coloring Page and Crayons

Print the picture for your child to color as they watch the sermon or discuss today's lesson with them as they color. Ask your child how often they pray to God. Encourage them to talk to Him all the time, not just when things are bad. Let them know that just like you want your kids to talk to you, God wants to hear from His children too.

***Walk on Water**

Things you need: bucket or pan with water

Fill a dish pan or bucket with water. Ask your child to take off their shoes and try stepping or walking on the water. Let them try a few times before giving up. Ask them if they can walk on it. Of course the answer is no. Tell the child that today we learned about somebody who DID walk on water. Isn't Jesus amazing!!? Talk to your child about what the disciples must have felt when they saw someone walking on the water. Ask them if they can remember what Jesus said to the disciples? He said, "Have courage! It is I. Don't be afraid." Jesus wants your child to know that same thing. That no matter what, Jesus is always with them and they can also have courage and not be afraid.

***Activity: Float vs Sink**

Things you need: Bucket of water, items that float, items that sink

- Put the bucket of water on the table.
- Talk with your child about the items you have to put in the water.
- Have them vote, as each item is put into the bucket of water, if it will float or sink.
- Have your child take turns with you or siblings, putting the items into the water to see if they will float.
- Ask them if we can float on the water (on our backs?)
- Ask, why can't we walk on water?

Talk with them about the story we learned. Jesus walked on water. He didn't float on water. The disciples saw him and were terrified, they thought He was a ghost. Jesus says to the disciples, "Have courage! It is I. Don't be afraid." Then Jesus got into the boat with them and the wind stopped. The disciples were amazed!! They were also very confused. Ask your child if there is anything about Jesus that is confusing to them. Spend time answering their questions. Do not fret if you don't know the answers. Let them know that you can look them up and find the answers together.

***Keep Your Eyes on Jesus Game**

Things you need: color sheet of Jesus from earlier, large spoon, plastic egg, bucket, tape

Tape the color picture of Jesus on the wall– Put the bucket (empty) underneath the picture– Have the child stand 10-15 feet away from the bucket (distance doesn't really matter) **If you have multiple children, have them line up.* The person at the front of the line will hold the large spoon with the plastic egg in it. They have to walk the egg over to the bucket without dropping it. The trick is, they have to keep their eyes on Jesus the entire time!!! If they take their eyes off of Jesus, they have to start over. Once they drop the egg in the bucket, they get it and go back for the next person to do it or they can try again.

SAY: What makes you scared? If you had seen Jesus walking on water would you have been scared or cheering for Him? The disciples were scared because they didn't understand what was happening. In life, you may not always understand why things happen but one thing's for sure, if you keep our eyes focused on Jesus, He will carry you through.

***Pray**

Things you need: Nothing

Pray together that you will always keep your eyes on Jesus, that you won't let fear or doubt or other things in this world keep you from looking to Jesus.

