

# Trusting Jesus

## Lessons from the Bible

Teaching: God is with me when I am afraid

(Mark 6; John 14:27; 16:33b; Deuteronomy 33:27a).

***One day, Jesus' disciples were going across the lake in a boat. Jesus did not go with them because He was spending time praying to God.***

***Late that night the disciples were in the boat in the middle of the lake. They were in serious trouble. They were rowing hard and struggling against the wind and high waves.***

***Even though these men were used to being in boats, they may have been afraid of the waves and wind. The boat was probably rocking violently. The disciples may have even worried about falling out.***

***Now here comes the amazing part. Right in the middle of the night, they saw someone coming toward them, walking on the water. They were very scared. They thought it was a ghost!***

Ask the children how they would have felt if they were one of the disciples.

***The person wasn't a ghost. It was Jesus! He is so powerful that He could walk on water! Then Jesus said to the disciples, "Do not be afraid. Take courage. I am here."***

***Then Jesus climbed into the boat, and the wind stopped.***

***Jesus is more powerful than the wind!***

While the Bible doesn't specifically tell us, we can imagine that the disciples probably felt afraid of the big storm in the middle of the night.

- **But Jesus calmed their fears. The disciples learned that Jesus was more powerful than anything that was causing them fear.**

And we can learn a powerful lesson from the disciples: Even when we're afraid of big things, such as moving to a new home or changing schools, **Jesus can help calm our fears. He is in control and, He is always with us!**

Here is a story about a little girl who was afraid when she had to try something new:

### ***Hannah's Bike Ride***

It was a beautiful, sunny Saturday. Hannah and her brother, Joey, ate lunch quickly because their parents had promised to take them on a bike ride that afternoon. Hannah had been riding without her training wheels for a couple of days and was excited to go on a real bike ride like her big brother. She felt like such a big kid when she zoomed around on her bike with no training wheels. Hannah ran into the garage and put on her bike helmet. She waited for what felt like forever for the rest of her family to come out to get their bikes. Finally everyone was ready and Hannah's family started off on their ride. They rode around their neighborhood and were having a great time. Smiling and laughing, Hannah was doing a great job! She was following her dad and had no trouble pedaling her bike up the small hills they rode on. She was having a blast!

The family began to turn the corner and head for home. As soon as she was around the corner, Hannah used her brakes and then put her feet on the ground, stopping her bike as fast as she could. She looked in front of her and saw that she was at the top of a hill... a long hill that looked like it went on forever! Her eyes got huge and she began to feel very small. Hannah's mom, dad and Joey kept riding and were halfway down the hill before her mom noticed she wasn't with them anymore.

Hannah's mom rode back up the hill to Hannah and stopped alongside her. "What's wrong Hannah?" her mom asked.

"I'm not going down that hill. I think I want to walk my bike down," Hannah sad. Her eyes were filling up with tears and her hands started shaking a little bit. She was scared.

"But Hannah you know how to ride and you know how to use your brakes. You'll be fine!" her mom said.

Hannah sat on her bike and shook her head. There was no way she was going to go down that hill riding her bike.

Hannah's dad rode back up the hill and joined Hannah and her mom. He saw the tears in Hannah's eyes and he could tell that she was scared. "What's going on?" he asked.

"That hill is too steep, Daddy. I don't want to go down it," Hannah said.

"But Hannah, you are doing so well on your bike. We're almost home. I know you can do it! Just use your brakes like I taught you," Hannah's dad said.

Tears started rolling down Hannah's face. What if she went too fast? She thought. What if she crashed because she couldn't brake and stop her bike? She felt like she was too scared to move.

Hannah's mom got off of her bike and came and stood next to Hannah.

"Hannah, we know that you can do this. We wouldn't make you do something that you weren't ready to do. How about I stand next to you and keep my hand on the seat of your bike? I won't let you fall."

Hannah's hands were still shaking, tears were still in her eyes, and she was still scared. "But," she thought, "I know that my mom won't let me fall. She is bigger and stronger than me and I know she doesn't want me to get hurt."

Hannah's mom knelt beside Hannah and wiped away the tears on her cheeks.

"You know that I love you and that you can trust me Hannah. How about we ride down to that tree and stop?" She pointed to a tree a little ways away.

Hannah looked at her mom, then she looked at the tree. She was still scared, but she trusted her mom and after a minute Hannah nodded her head.

Hannah's mom put her hand on the bike seat. Hannah put her feet on the pedals and started down the hill. She wobbled a little as she pedaled, but after a few seconds she was by to the tree her mom had pointed at.

She braked just like her dad had taught her and stopped right next to it. Hannah could hear her dad cheering from the top of the hill and Joey cheering from the bottom of the hill. She had done it!

"Hannah I am so proud of you!" said her mom. "You trusted me and knew that I wouldn't let you fall. Let's see if we can make it the rest of the way down the hill together." Hannah smiled up at her mom; she wasn't crying or shaking anymore. In fact, she was starting to have fun again!

Hannah made it down the hill and even did part of it without her mom running beside her. A few minutes later they were back home. The family sat down under a shade tree in their front yard and Hannah's mom brought out some popsicles for everyone.

While Hannah and her family ate the ice-cold popsicles, they talked about their bike ride and how Hannah had made it down the hill. While Hannah was talking about how scared she had been, her dad said, "Hannah, what happened today reminds me of how the Bible tells us we are supposed to trust and love Jesus. You had to trust your mom and you could do that because you love her. Even though you were afraid, you knew she wasn't going to let you get hurt and that she wouldn't make you do something you weren't ready to do.

**"Jesus wants us to show Him how much we love Him by choosing to obey Him even when we are afraid.** Just like when you chose to show your mom you loved her and trusted her by riding down the hill. There is a verse in Psalms that says that **if we believe in God, He will hold our hand so that we won't fall, (Ps. 37:23-24).** Another verse in Joshua says that **we don't need to be afraid because God is with us wherever we go, (Josh. 1:9).** He will help us to do whatever he is asking us to do."

Joey giggled and said, "So it's kind of like Jesus is running alongside us and holding the seat of our bikes as we ride along and live our lives?"

"That's one way to think of it Joey," said their mom. "There are other verses in the Bible that says that **God will never leave us or give up on us. (Duet. 31, Heb 13)** But it also means that when we are scared and don't want to do something we need to do, that **we need to show Jesus we love Him by trusting that He is there with us and doing what He wants us to do."**

**In our Bible story, Jesus calmed the wind that was like a storm. Sometimes the hard things in our lives can feel like storms. They may make us afraid of what will happen next. Storms can be things in our lives that scare us like change or trying something new.**

**When we go through these storms, Jesus will be with us. He told the disciples, "Do not be afraid. Take courage. I am here." We can trust that He will be with us and help us to have courage, too!**

Bible Verse

***"Trust in the Lord with all your heart. Lean not on your own understandings. In all of your ways acknowledge Him and He will direct your path.***

Proverbs 3:5-6

## Prayer:

Thank you for your promises  
And for being present in our lives  
Thank you that we can put our hope in you  
Even when life is scary or uncertain  
Help us remember that every day  
Thank you for your love  
We love you, God!  
Thank you for Jesus  
In His name, Amen!

## Craft and Activities:

**Memory Verse Trace page** (they can take home)

**Slap bracelets** – Color with markers or paint pens.

**Sticker Art -**



Videos:

Jesus Walks on Water: <https://www.youtube.com/watch?v=oVy9HGr3Qig>

Trust in the Lord: <https://www.youtube.com/watch?v=FUR1ufexry0>

Veggie Tales: Where's God When I'm S-Scared?

<https://app.pureflix.com/videos/267051046563/play?autoplay=true&recommended=q%3Awhere%27s%20god>

Feel free to take a picture of their art work or share how your activity went!  
Post it on our Facebook page or share it on GroupMe. Have a Blessed Day &  
Week! Until we can meet again

~ *Teacher Chrissy*

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