

**Week 2: Jesus' Power Calms Our Worries**  
**Jesus Walks on Water (Matthew 14:22-23)**

**Supplies:** paper, markers or crayons, bowl of water, pepper, dish soap

Minutes	Element	Description
1	Introduction	<p>Hi friends! (Introduce yourself.) You know, right now lots of people are looking at what's happening around them—people getting sick; churches, schools, and businesses closing—and they're worried. Being worried is just natural, but if you're a friend of Jesus there's something you can <i>do</i> with your worry, because <u>Jesus' power calms our worries</u>.</p> <p>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.) Pause me for a minute as you talk about that...</p> <p>[SMILE AS YOU HOLD UP "PAUSE" SIGN]</p>
3.5	Music Video	<p>Thanks for sharing!</p> <p>What do you with worry? Well, these kids have a pretty good idea. How about you get on your feet and let's join them! Pause this video, click the link below and follow along from home!</p> <p>Won't Worry 'Bout a Thing (Provide this link in a comment or description under your video.)</p> <p><a href="https://www.youtube.com/watch?v=ECtrMo-QcME">https://www.youtube.com/watch?v=ECtrMo-QcME</a></p>
8	Family Discussion	<p>That was fun! What a great song to remind us that <u>Jesus' power calms our worries</u>.</p> <p>[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! Pause the video while you do that.</p> <p>Thanks. Now talk about this: What do you usually do when you get worried? As for me... (share a brief personal example.)</p> <p>Pause me as you talk about what <i>you</i> do when <i>you</i> worry. And as you talk, crumple up those pieces of paper you wrote on. You'll need them in a few minutes.</p> <p>Ready? Tell your family: What do you usually do when you worry?</p>

<p>Telling story: 2.5 minutes; discussion 4 mins</p> <p>7 total</p>	<p>Bible Story</p>	<p>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.</p> <p>(Tell the story in your own words, covering these points and demonstrating the motions in parentheses for kids to copy.)</p> <ul style="list-style-type: none"> <li>• Jesus' friends were in a boat (rock back and forth)</li> <li>• The wind picked up and the waves got bigger (rock back and forth harder)</li> <li>• The wind was <i>howling!</i> (howl)</li> <li>• Jesus' friends saw Jesus walking on the water toward them (make surprised face)</li> <li>• Peter got out of the boat to walk on water with Jesus.</li> </ul> <p>Pick one of you right now to pretend to be Peter (Pause 2 beats) Got someone? 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...</p> <p>Everyone else, as Peter walks, throw all those paper worries at him! Pause the video while you give everyone a turn to be Peter.</p> <p>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 worry started distracting him.</p> <p>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.</p> <p>Here's a question for you to talk about:</p> <ul style="list-style-type: none"> <li>• What happened as you tried to walk across the room and the papers kept hitting you? Pause me while you talk about that.</li> </ul> <p>Now pause me and talk about this question:</p> <ul style="list-style-type: none"> <li>• Out of all the things you could be worried about, what's the one you worry about <i>most</i>? How is that distracting you from Jesus?</li> </ul> <p>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: <u>Jesus' power calms our worries.</u></p>
<p>5</p>	<p>Science Fun: Pepper on Water</p>	<p>Let's try a fun experiment that shows how <u>Jesus' power can calm our worries.</u> You'll need these things...</p>

		<p>[SHOW COMPONENTS AND NAME THEM]</p> <p>A bowl of water, pepper, and some sort of dish soap. Pause the video, get those, come back, and let's try something together.</p> <p>We're back! I'll show you what to do and then you try it, too.</p> <p>First, look at your bowl of water...it's clear and clean.</p> <p>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!</p> <p>We have a lot of worries coming at us right now. So how can we make those worries run away from us instead?</p> <p>You can try to clear them out on your own but look what happens... (stick finger in bowl): they just stick to you.</p> <p>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)</p> <p>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. <u>Jesus' power calms our worries.</u></p> <p>Pause me and talk about this: What would help you keep your eyes on Jesus during this worrying time?</p>
2	Closing/prayer	<p><u>Jesus' power can calm our worries</u> 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 season of worry. Pause the video and do that now.</p> <p>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!</p>
Total: 27		