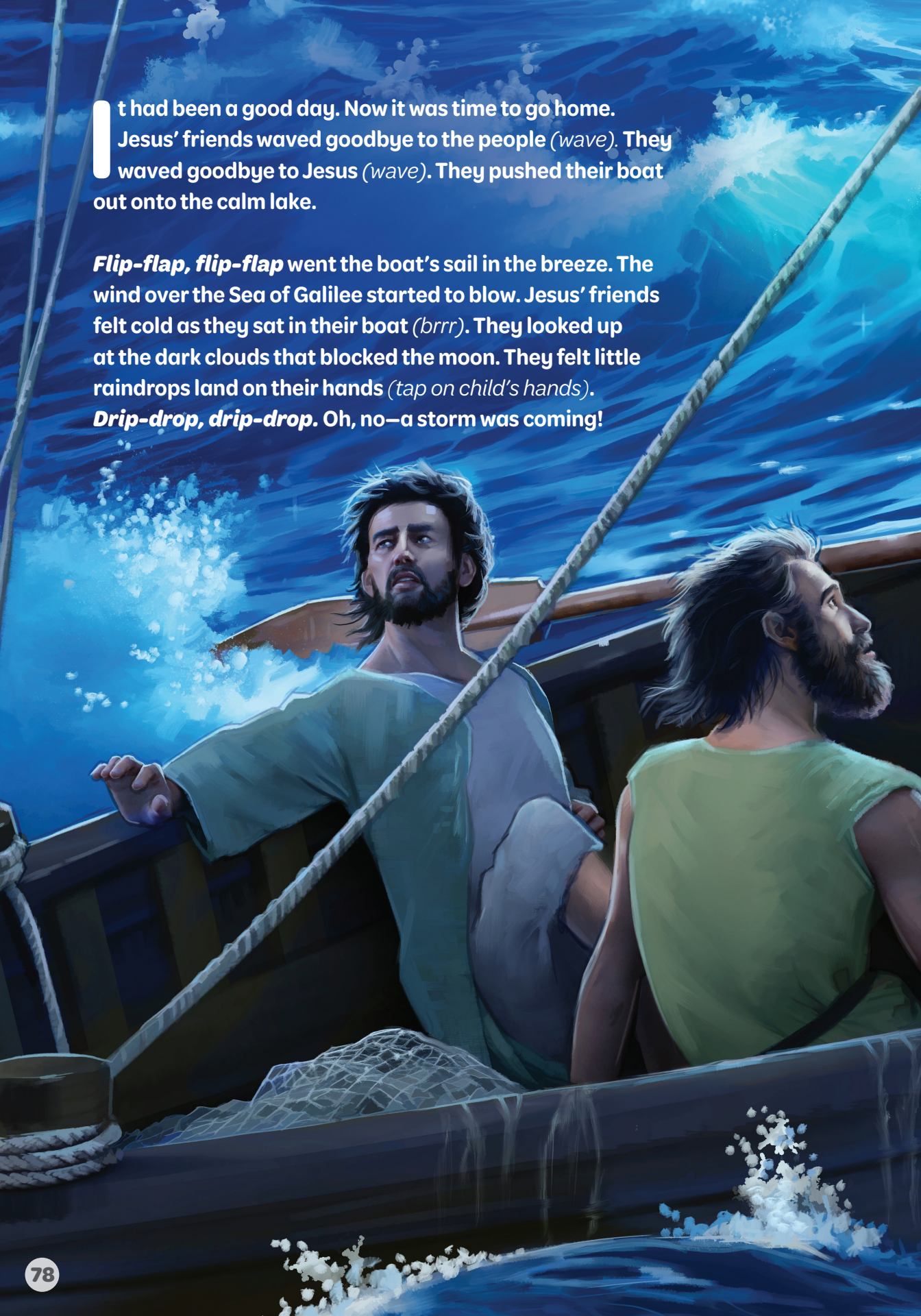
BIG IDEA: Jesus helps me be brave.

Week 10

Walking on Water



This lesson is based on Matthew 14:22-32; Mark 6:45-52; Luke 8:22-25; John 6:16-21; and *The Desire of Ages,* pp. 377-382.

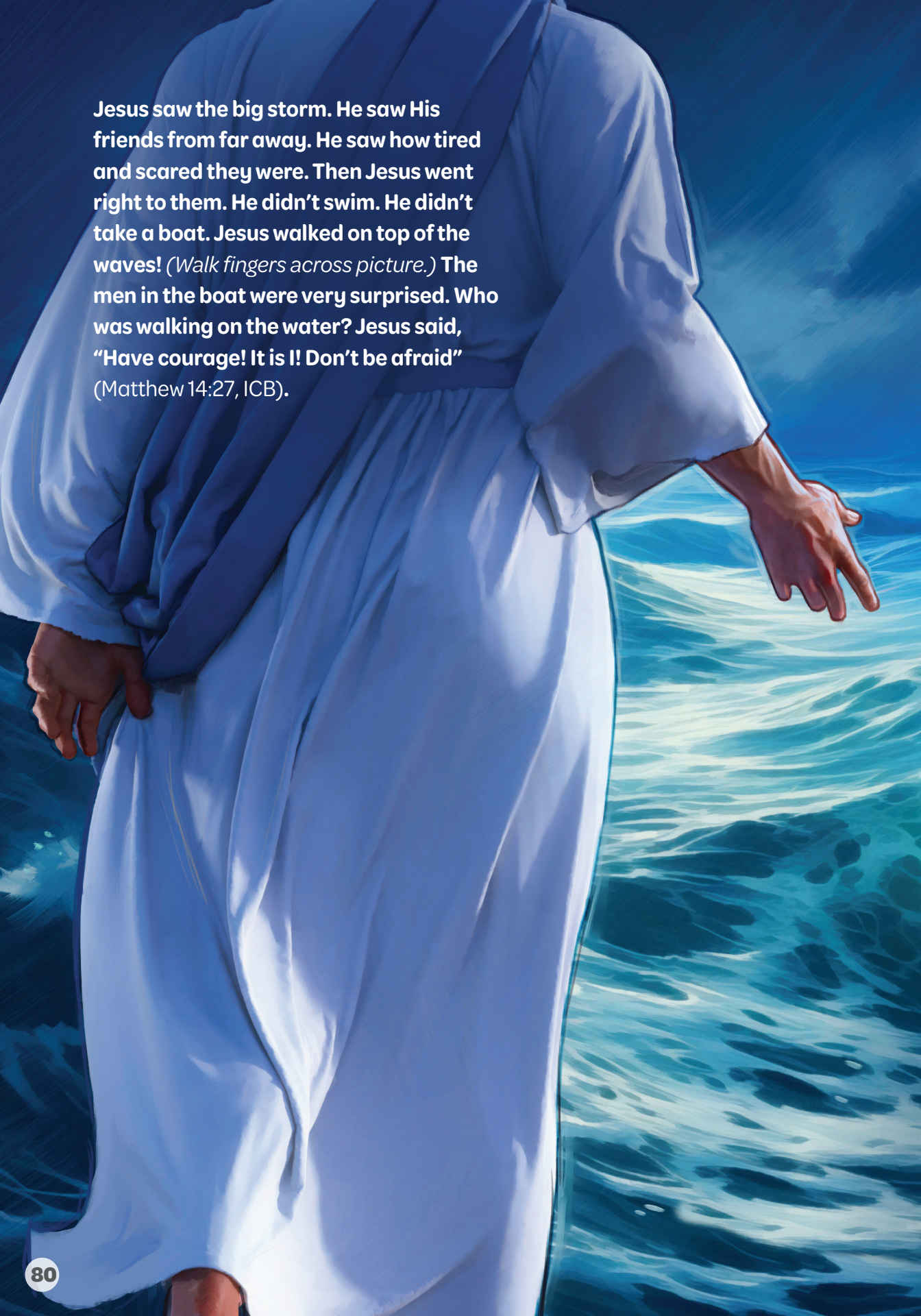


It had been a good day. Now it was time to go home. Jesus' friends waved goodbye to the people *(wave)*. They waved goodbye to Jesus *(wave)*. They pushed their boat out onto the calm lake.

Flip-flap, flip-flap went the boat's sail in the breeze. The wind over the Sea of Galilee started to blow. Jesus' friends felt cold as they sat in their boat *(brrr)*. They looked up at the dark clouds that blocked the moon. They felt little raindrops land on their hands *(tap on child's hands)*. ***Drip-drop, drip-drop.*** Oh, no—a storm was coming!



The boat rocked back and forth on the water. *Rock, rock* *(rock with your child)*. ***Crash*** **went a wave into the boat. The men were scared!** *(Hug child close.)* ***Row, row*** **went their oars! The men tried to keep the boat straight. But they couldn't. The storm was too big!**



Jesus saw the big storm. He saw His friends from far away. He saw how tired and scared they were. Then Jesus went right to them. He didn't swim. He didn't take a boat. Jesus walked on top of the waves! *(Walk fingers across picture.)* **The men in the boat were very surprised. Who was walking on the water? Jesus said, "Have courage! It is I! Don't be afraid"** (Matthew 14:27, ICB)**.**



Peter asked Jesus if he could walk on the water to meet Jesus. "Come," Jesus said with a smile (Matthew 14:29). Peter stepped out of the boat . . . and onto the water. He didn't sink! He looked at Jesus' kind face as he walked closer to Him. ***Step, step, step.*** Peter came closer. He was walking on water!



Peter thought about the big waves *(clap hands).* **He thought about the strong wind** *(blow/whistle)***. He felt scared, and he looked down. He forgot to look at Jesus. Peter started to sink down, down into the water. He cried out for help! Suddenly Jesus was right beside him. He took Peter's hand and pulled him up out of the water. Together they walked over the waves to the boat. Then the water became still, and the wind was quiet again.**

Peter forgot that Jesus was near, right there to help him. Jesus loves you and will help you be brave too.

(Say together) **Jesus, please help me remember that You are always with me.**

play throughout the Day

Learn

During bathtime, play with objects that float and sink. Have your child attempt to stand on top of the water. Ask, "Can you do it?" Share how Jesus can do amazing and impossible things because He is God. We call them miracles. We can trust Him with our problems. He can make miracles happen.

Retell

Paint a stripe of water on the pavement outside, or on a long strip of paper from a paper roll. Stand at one end of the stripe while your child stands at the other. Call them to walk on the water to you, just as Peter did. Then, with you beside them, ask them to walk with their eyes closed, as when Peter forgot to keep looking at Jesus. Be ready to hold their hand when they need you.

Explain

Being brave doesn't mean you aren't ever afraid. It means you trust God when things are scary. It can also take bravery for a young child to try new things. Remind them that Jesus helps them to be brave.

Sing

"*Jesus Takes Care of Me*" (Janet Sage, in *Little Sabbath Songs for Cradle Roll*, no. 33).

Create

Draw and cut out a large circle as a bravery badge. Have your child color their bravery badge. Whenever you see them being brave, give them a sticker to place on their badge. Say, "Thank You, Jesus, for helping *(child's name)* be brave today."

Pray

Jesus, I know You are always with me.
When things are so scary
Or I try something new,
I remember the ways You care for me.
Help me be brave with You.
Amen.



Extension weekly memory verse: "Whenever I am afraid, I will trust in You" (Psalm 56:3).

THE HEART OF THE MATTER

For You, Parents

Another storm, another lesson. Jesus again proves that He is the God of love and peace. He hears the cries of help from the disciples and rescues them in a way that they would never forget. The doubt and discouragement they felt was replaced with wonder and awe.

"Jesus had not forgotten them. The Watcher on the shore saw those fear-stricken men battling with the tempest. Not for a moment did He lose sight of His disciples. With deepest solicitude His eyes followed the storm-tossed boat with its precious burden; for these men were to be the light of the world. As a mother in tender love watches her child, so the compassionate Master watched His disciples" (Ellen G. White, *The Desire of Ages,* p. 381).

How great is the love you feel for your child? Your love just explodes when you hear their precious giggles or watch their sleepy eyes close. And when they fall and scrape their knees, you sweep them into your arms and hug away the hurt. The tender love we feel for our children offers just a glimpse of the immeasurable love God has for us. He longs to protect us from life's storms and hold our hands when we fall.

In the burdens and trials you face this week, remember the compassionate and tender love that God has for you. Picture His hand reaching out for yours as you walk through the waves of life this week. Surrender your worries and fears to Him and experience His unexplainable peace.

"Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. . . . For I am the Lord your God" (Isaiah 43:1-3).