



BIG IDEA

When we focus on Jesus, we don't need to be afraid.

GOD STORY

Jesus Walks on Water (Matthew 14:22-33)

KEY VERSE

[Jesus] said, "Whoever wants to be my disciple must say no to themselves. They must pick up their cross and follow me." (Matthew 16:24b, NIRV)

1 | Conversation Starter

INSTRUCTIONS

- a. To lead into today's lesson, ask:
 - What's one thing that you really focus on when you're doing it? (e.g., playing a sport, watching television, baking something)
 - Is there anything that often distracts you? If so, what is it? Why does it make you lose focus?
 - What's one thing that you're afraid of?
- b. Introduce today's Big Idea: **When we focus on Jesus, we don't need to be afraid.**
- c. Let the kids know that today's God Story shows we don't have to be afraid of anything when we have Jesus in our lives!

2 | Watch

SUPPLIES

- Media player

INSTRUCTIONS

- a. Watch this week's video from the Now Playing Kids playlist on the One Story YouTube channel.

3 | Discuss

INSTRUCTIONS

- a. Review the video teaching together:
 - What was today's Life Story about?
 - What was the God Story about?
 - What did you learn about the disciples in this story? What did you learn about Jesus? What did you learn about yourself?
 - When you are afraid, how can you switch your focus from your fears to Jesus?



4 | Activity

SUPPLIES

- Craft paper
- Drawing supplies
- Magnet
- Jesus cutout with magnet attached

INSTRUCTIONS

- Place the craft paper in a spot where you can gather around it.
- Set out drawing supplies and work together to draw a water scene with a boat, waves, fish, etc.
- Place the magnet under the paper.
- Set the Jesus cutout on top of the paper above that magnet.
- Demonstrate Jesus “walking on water” by moving the magnet under the paper.
- Give everyone a chance to move Jesus on the water.
- Review the story from Matthew 14:22–33:
 - Where was Jesus when the storm came? (On a mountainside praying)
 - How did Jesus get to the disciples in the boat? (He walked on the water)
 - How did Jesus do that? (He is God so he can do anything!)
 - How did the disciples feel when they saw Jesus? (Afraid)
 - Did they need to be afraid? (No because Jesus was with them)
 - Peter got out of the boat and started to walk on the water towards Jesus. Why did Peter begin to sink? (He took his focus off Jesus)
- Remind everyone that Jesus is always with us—even when we lose our focus!

5 | Pray

INSTRUCTIONS

- Ask the kids which fears they want to talk about with Jesus. It could be something they’ve already shared or something different.
- Pray for one another. The prayer could be as simple as, “God, I pray for [person’s name]’s fear.”
- To wrap up, ask God to help the kids focus on Jesus and know that they don’t need to fear anything!