

Aim of lesson

To learn that with Jesus there is nothing to fear.

Bible background

Matthew 14:22-33

Outline of lesson

Afraid of the dark?

Ask the class what are they afraid of. Look with them at the first part of the worksheet. The discussion will probably start with spiders and things that go bump in the night, but more serious fears about death or losing their family and being left alone may come out. Make sure these fears are answered during the course of the lesson.

Storm on the Sea

Read together Matthew 14:22-33 and ask what the disciples were afraid of. Perhaps it was the storm or they were afraid of not getting to land, or of the boat sinking, or what they thought was a ghost. Peter was afraid of the high waves and wind, of sinking and drowning. At the end they were rather afraid of Jesus. Certainly they were in awe of him.

Use the words of Jesus in verse 27 to show that when Jesus is here there is nothing that we need to be afraid of.

The shelter of the Most High

Use the table at the bottom of the page and get the class to search through Psalm 91. They may find there many of the things that they were afraid of at the beginning of the lesson. Spend time looking at the protection God promises to those who are his.

Continue with the questions on the next page of the student workbook. Consider some of the examples where people in the Bible were scared, and what they did to alleviate their situations.

Here are a few references to get you started;

Genesis 3:8-10, Adam and Eve were afraid of God in the garden of Eden after they had sinned.

1 Samuel 7:7-8, The nation of Israel trembled before the might of the Philistine army.

1 Kings 19:1-3, Elijah ran in fear of his life from Queen Jezebel's death threat.

John 20:19, The disciples feared for their safety from the Jews after Christ's death.

Acts 5:1-11, The tale of Ananias and Sapphira's untimely end spread fear through the church.

Digging deeper

Ready?

This section addresses some of the issues that might make young people worried about Jesus' return: uncertainty about what will happen; the feeling that they are not good enough; or a concern that they are not yet baptised.

Relevance to our lives

Help the class to choose a phrase or verse to remember when they are afraid. Have them make a 'credit card' size card to fit in their purse or wallet, featuring their chosen phrase or verse. On the reverse have them list the things to do when they feel worried or scared.

Prayer

Dear Lord God, please help us to trust you and to know that with you we have nothing to be afraid of.

Other suggestions for activities

- If you know or can learn the song 'You are my hiding place' (Praise the Lord 127), it is very appropriate for this lesson.
- A recorded play with sound effects could be made of Matthew 14:22-33.