

FOOTPRINTS

Leader's Guide for LESSON 2

For Kids

Jesus: A Friend You Can Trust

Welcome (7 Minutes)

As the parents/mentors and children arrive, give each a warm welcome. Encourage a young person to help you greet others as they arrive. Begin your group time by inviting the participants to share by asking, "Where have you seen God at work in your life this past week?" (Acknowledge all responses.)



Say: Last week we learned about going on a discipleship adventure with Jesus. Find someone who is not in your family to share with and briefly tell what you did to show Jesus that you want to be His disciple.

Use the "M.M." ball (see Curriculum introduction for instructions) to ask the families about their use of *Mentoring Moments* for family worship at home.

Goals for this lesson

By the end of this lesson, participants will:

- **Know** they can trust Jesus
- **Feel** safe trusting Jesus
- **Respond** by giving their problems to Jesus

A disciple of Jesus is someone who lives every day to love Jesus and bring others to Him.



The Bridge (10 Minutes)

Activity

Group the class into one or more single file lines. Select one adult leader for each line to stand at the head of the line. Instruct the others to put on blindfolds, or close their eyes then put their hands on the shoulders of the person in front of them.

Instruct the leaders to walk around the room offering verbal directions as they lead their group around the obstacles. Encourage them to walk through doorways, around objects, etc. then return to where they started. Allow 1-2 minutes. If time permits, select a child to become the new leader for an additional 1-2 minute walk. Be sure to select a child mature enough to be responsible for the safety of others.

Debrief

Ask: What did you like or dislike about being led around without being able to see? (Acknowledge answers.) Was it easy to trust your guide? (Acknowledge answers.) Why or why not? (Acknowledge answers.)

Say: Think about someone you trust.

Ask: What is it about this person that allows you to trust him/her? (They would never let you get hurt; they protect your feelings; they listen well and offer encouragement, etc.)

Say: In this activity we experienced trusting another person. Just as some of us had a hard time trusting in our leader, some people have a hard time trusting in Jesus. In this lesson we will explore reasons why we can trust Jesus.

Prayer: Pray or invite a volunteer to pray for the Holy Spirit to direct this meeting.

You need

- Blindfolds (optional)

Ahead

Create an obstacle course in the meeting room using desks, chairs, etc.



Into the Word (25 Minutes)

Write this lesson's *Footprint* on the board:
Jesus invites us to trust Him.

Activity

Say: We are going to read a story from the Bible. I would like you to imagine what it would have been like to be there. What would you see, hear and feel if you were part of the story?

Read Matthew 14:22-33 NIV around the circle with one person from each family reading one verse.

Ask: What would you see? ...hear? ...feel? What would you think if you had been in that boat? (Acknowledge all answers.)

Say: Peter trusted Jesus enough to step out of the boat. In our lesson today we will explore the relationship that Jesus wants to have with each of us and discover how we also can trust Jesus completely.

You need

- White board or flip chart
- Markers
- Bibles
- Pens/pencils

Ahead

Write the Bible Discovery Scripture references for numbers 2-6 on separate slips of paper for distribution among the families. Omit number 1 as the whole class will read this passage in the "Activity."

Bible Discovery

Distribute the Scripture texts to the families and instruct them to look up their verses and be prepared to read them to the class. Encourage family groups to assign a student to read the verse to the whole group when called. Allow 2-3 minutes.

Write on the board: Reasons why we can trust Jesus:

1 Review Matthew 14:22-33. As we review the story of Peter what reasons did Peter have to trust Jesus? Write the answers on the marker board substituting “us” for “Peter.” If any of the following are not suggested by the group, add them.

Write on the board: Jesus has the power to help us.

Write on the board: Jesus wants to save us.

2 Read Romans 5:8. What did Jesus do for us?(He died for us while we were still sinners.)

Write on the board: Jesus died for us.

3 Read Romans 8:38, 39. What is one thing about Jesus that will never change? (Nothing can separate us from the love of Jesus.)

Write on the board: Jesus will never stop loving us.

4 Read John 15:15. What relationship does Jesus want to have with us? (Friends.)

Write on the board: Jesus wants to be our friend.

5 Read Matthew 28:20. Jesus has returned to heaven to prepare a special place for you and me, but before He left He gave us an important promise. What is His promise? (He will be with us always even to the end of the world.)

Write on the board: Jesus will always be with us.

Review/Quiz

Steps to follow:

1. Review the summary points written on the board.
2. Cover or turn the board around and quiz the class by asking, “Tell me why we can trust in Jesus.”
3. Encourage parents to allow students to answer the questions and assist only if needed.



My Choice (5-8 Minutes)

Say: What actions showed that Peter had complete trust in Jesus? (Stepping out of the boat/ Calling for Jesus to save him.)

Leader Share briefly an experience of trusting Jesus with one of your fears or problems. What difference has being able to trust Jesus made in your life?

Distribute one *My Choice* handout to each family group.

Say: Parents and mentors, move your chairs into a family circle and follow the instructions on *My Choice* with your child. When you are finished with *My Choice* turn the paper over and continue with *My World*.

You need

- One copy of *My Choice* handout for each family
- Pens/pencils



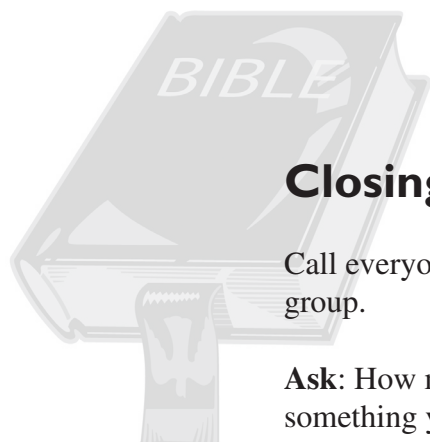
My World (5-8 Minutes)

Leaders: While the families are working together, the leader and co-leader pray for each of the parents/mentors and children.

If some families finish early, as leader you can: 1) engage those families by asking them about their family circle time or 2) give a time “warning” to the other families such as, “Please finish in three more minutes.” Let them know they can finish their *My World* time together at home.

You need

- One copy of *My World* handout for each family
- Pens/pencils



Closing (2 Minutes)

Call everyone back together as a large group.

Ask: How many of you thought of something you can trust with Jesus?

You need

- One *Mentoring Moments* handout for each family

Invite a child to assist you as you model this activity for the group. Instruct the child to look directly forward, stand straight and stiff with his/her arms at his/her side, and be prepared to fall backwards. **Say:** I want you to think of the fear or problem you talked about in your family circle time. Think about trusting Jesus completely with that fear or problem. When you are ready to trust Jesus say, “Ready to trust” then wait for me to say “Trust.” When you hear me say “Trust,” fall backwards, and I will catch you.

Stand one or two feet behind the child. When he/she says, “Ready to trust” say “Trust.” Break the fall with your hands and gently push him/her forward onto his/her feet again. Instruct parents/mentors to do this with their children.

Say: Do this activity only if you are physically able to catch your child. Ask for assistance if you think you might need help. (If any parents/mentors need help, stand beside him/her and help. Allow time for this activity.)

Say: Jesus is always ready to help you and hold you up. You can always trust Him. **Grace Point** — Next week I will invite you to share what you did to trust Jesus with a specific situation

Say the *Footprint* together: **Jesus invites us to trust in Him.**

Close with a prayer:

- thanking Jesus that we can trust Him completely.
- asking Jesus to help us trust Him with our problems and fears.

Distribute *Mentoring Moments* and instruct the families to use these at home to build on the concepts developed in this lesson.

My Choice

1. **Say** the *Footprint* together: **Jesus invites us to trust Him.**
2. Parents/mentors: **Review** with your child the points made in this lesson by going over them one at a time and asking, “Do you understand what this means?” or “Do you have any questions about this one?” Clarify any points as needed.

Reasons Why I Can Trust Jesus:

1. Jesus has the power to help me Matthew 14:22-33
2. Jesus saves me..... Matthew 14:22-33
3. Jesus died for me..... Romans 5:8
4. Jesus will never stop loving me..... Romans 8:38, 39
5. Jesus wants to be my friend..... John 15:15
6. Jesus will always be with me Matthew 28:20

3. Parents/mentors: **Share** briefly a time in your past experience when you trusted Jesus with a difficult situation. What was the outcome? **Share** with your child something that you need to trust with Jesus right now.
4. **Say:** Think about something that makes you feel afraid. **Ask:** Do you want to share it with me? **Say:** Jesus wants you to trust Him with that fear. Think about some problem that you have right now. **Ask:** Do you want to share it with me? **Say:** Jesus wants you to stop worrying about that problem and trust Him to take care of it. **Ask:** What do you need to trust Jesus with right now? **THE CHOICE** — **Ask:** Would you like to trust Jesus with this? If your child says “Yes,” affirm the response; if “No,” **Ask:** Can you tell me why? Affirm your child’s right to make his/her own choice.
5. **Pray:** Form a family prayer circle and pray for the specific things that you need to trust with Jesus. Thank Him for being One you can trust.

*A disciple of Jesus is someone who lives every day
to love Jesus and bring others to Him.*

My World

1. **Brainstorm** for specific things you can do to trust Jesus in different situations such as when you feel afraid, when you have a problem that you can't solve, when you have an opportunity to share Him, or when Jesus impresses you to do something for Him.

Things I can do to trust Jesus:

(Examples: Claim a Bible promise, say a specific prayer for this situation, ask Jesus to help you NOT to be afraid, make a banner about trusting Jesus, write "T-R-U-S-T" on a stone to carry in your pocket, etc.)

2. **Ask:** What Bible promises can help us trust Jesus more?

List Bible Promises:

3. Parent/mentor: **Share** one specific thing you will do as a parent/mentor to trust Jesus with a specific challenge this coming week.
4. **Invite** your child to select one thing he/she will do to trust Jesus with a specific challenge this coming week. Affirm his/her response.

Grace Point — Next week you will be invited to share what you did to trust Jesus with a specific challenge.

Next Week Parents/mentors, you will be asked to share an experience when you received a surprise gift. Reflect on how receiving that gift reminds you of God's gift of salvation.

Jesus: A Friend You Can Trust!

Mentoring Moments for Lesson 2

Mentoring Moments are meant to extend the lesson you studied with your small group. Each *Mentoring Moment* choice contains a Scripture, an activity, discussion questions, and a prayer point grouped around a particular topic. They are perfect for use in family worship. If time does not permit the completion of the activity, using just the Scripture and discussion questions can provide a *Mentoring Moment* anywhere, even in the car.

Choice One

Scripture: Psalm 62:8

Activity: Look up the word “trust” in a dictionary. Using that as a guide, write a Christian definition. Decorate the paper where you have written your definition and display it in your home where others can enjoy it.

For Discussion: A fourth-grader named Krista tells about a time when she was afraid and decided to trust Jesus: “I tried all summer to learn how to dive but I was just too afraid to try. One day my friend told me to pray to Jesus. I prayed that I could do it and not be afraid. Right after that I jumped and nothing bad happened to me!” Has there ever been a time in your life when you were afraid and decided to trust Jesus? What happened?

Prayer Point: Pray that your trust in Jesus will grow and will fill your heart and the hearts of those around you.

Choice Two

Scripture: Genesis 22:1-18

Activity: Call friends or family members and ask them to share an experience that helped their trust in Jesus grow.

For Discussion: In what ways do we show our trust in Jesus? What happens to those around us when we trust in Jesus?

Prayer Point: Ask God to make you willing to trust Him with anything and everything in your life, especially the things that are most important to you.

Choice Three

Scripture: Matthew 6:25-27

Activity: Fill a bird feeder, if you have one. If not, sprinkle some birdseed or breadcrumbs on the ground and watch birds with your family.

For Discussion: What in your life is causing you worry? What do you need to turn over to God?

Prayer Point: Ask God to make you like one of His birds and to help you put your complete trust in Him.

Choice Four

Scripture: 1 Peter 5:7

Activity: Think of something that is making you anxious or causing you to worry. Blow bubbles with bubble solution and a bubble wand as you tell God that you are turning that difficult thing over to Him. As your bubbles float away, imagine your troubles floating into God's care. Talk to God silently or out loud, whichever you prefer.

For discussion: Why is it sometimes difficult to trust God? What is the solution?

Prayer Point: Ask God to help you trust Him more every day.

Choice Five

Scripture: Psalm 63:7; Acts 16:25, 26

Activity: Compose a short song about trusting in God. Use a tune you already know or write a new one. If you're not much of a musician, sing a song about trust that you already know.

For discussion: Who does "your" refer to in this verse? What does it mean to be "in the shadow of your wings?" Why do you think Paul and Silas were singing in prison? Does singing about trusting God help you trust Him more or less? Why?

Prayer Point: Ask God to give you the peace and joy that come from trusting Him in any situation.