

Lesson 8 / July 26, 2009

Leap of Faith

for use as

STEP 1 
Lesson 8
Focus:

 Trust Jesus to help
 your family.

Lesson 8
Bible Basis:

John 4:43–53

Your tweens will discuss ways to deal with problems and learn the importance of putting their full trust in Jesus to help solve them.

Supplies needed:

- device with Internet access like a computer, laptop, or smartphone (optional)
- pictures of various extreme sports such as skydiving, bungee jumping, and rock climbing found at [www.wikipedia.com]. (Choose only sports that have a safety feature, such as a parachute or safety cord.)

Dealing with problems is a part of everyday life. As Christians we know we should turn to God for all our concerns, but as imperfect human beings, we often fail to do that. Sometimes our problems may seem trivial, so we “go it alone.” Other times we may be so consumed with grief or fear that we simply forget. Tweens may not fully understand the importance of putting their full trust in God. Use the following activity to help your students understand what it means to fully trust someone or something else.

If you have Internet access in your room, go to [www.skydiving.com] and watch the video with your class. (If you don’t have Internet, just display the printed pictures.)

Ask:

- ▶ Would anyone here like to skydive some day when you’re older? Why or why not?**
- ▶ Do you think it’s hard for a skydiver to jump out of a plane for the first time? Why or why not?**

If you haven’t already done so, pass around the pictures of the extreme sports you printed off before class or display them so all the tweens can see them.

- ▶ What do all these extreme sports have in common? (Give the tweens a few minutes to brainstorm. If no one mentions that a safety feature must be in place, be sure to mention it.)**
- ▶ What is the most important thing each participant must do before taking part in these sports? (Again, give the tweens a few minutes to answer.)**

Lesson 8
Memory Verse

Come to me, all you
who are weary and
burdened, and I will
give you rest.

– Matthew 11:28.

Mention “place their trust in the equipment” if the students don’t mention it.)

- ▶ **Why is trust so important in these sports?**
- ▶ **What are some situations in your everyday lives that rely on trust?**
- ▶ **Who can we trust in these situations?** (*parents, family members, teachers, God*)

In each of the sports we mentioned, the participant must place their trust in a safety feature—a parachute for the skydiver, a bungee cord for the bungee jumper, and a safety rope for the rock climber. In other words, each of the sports has a built-in safety net. In today’s Bible lesson, we will learn about a man who put his trust in the best safety net of all. Let’s find out a little more about this man.

(Continue on to Steps 2 and 3 in your *Upper Elementary Teacher’s Guide*; your Step 4 appears below.)

For more information on extreme sports and skydiving, see [<http://www.wikipedia.com>] and [<http://www.skydiving.com>]

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STEP 4 Lesson 8
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Supplies needed:

- small, individual bottles of blowing bubbles (found in craft supply stores)
- whiteboard or chalkboard

Share with your class that problems are like burdens we carry around with us. Holding onto our troubles weighs us down, making us feel worried or angry. Sometimes we can even hold onto our problems so long that we become sick.

Discuss:

- ▶ **What are some problems that you worry about?** (*Write the answers on the chalkboard or whiteboard.*)
- ▶ **Do you have trouble turning these problems over to God at times? Why or why not?**
- ▶ **When you turn your problems over to God, how do you feel?**

If the weather permits, gather your class together and go outside. Pass out the bottles of bubbles to each student.

Each one of these bottles represents a bottle filled with the problems in our lives. The bottle is full, and if we keep the lid on, the problems stay right where they are now. They cannot get away. We can shake the bottle up, and the problems get all riled up. The problems seem to grow and grow.

But there is one way we can get rid of these problems. Open your bottle and think of a problem in your life right now. As you blow your bubble, imagine your problem is inside that bubble and God is carrying it away from you, never to be seen again.

Give your class several minutes to think of problems and blow their bubbles before returning to your classroom.

Gather your tweens together and continue:

Think back to the video we watched earlier and the pictures we looked at. If the skydiver, bungee jumper, or rock climber didn't put their trust in their safety equipment, what would happen? (Give the tweens a chance to respond.)

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They would hold on to their fears wouldn't they? They would never be able to take that next step and participate in the sport.

Now, this doesn't mean that everyone should try the extreme sports we mentioned. Probably only a few of you would ever even want to try them when you're older, but it demonstrates how important it is to trust our God in difficult situations.

Take your bottle home with you as a reminder to turn all your problems over to Jesus. He wants us to trust Him, and He wants to carry our troubles for us. That's why He died for us on the cross.

Close with a prayer similar to the following:

Dear Lord, thank You for being our help in times of trouble. Help us to remember that we can always depend on You to be our safety net when things get rough. Thank You for carrying our problems for us so that we might grow closer to You. In Jesus' name. Amen.

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