



Summer Seedlings

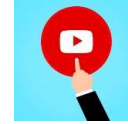
August 9 Walking on Water



Jesus was followed by huge crowds wanting to hear him speak and act in extraordinary ways. Sometimes he tried to be alone for a while to recharge and have time to think and pray.

Play the video to see what happened by the Sea of Galilee when Jesus did just that. The story can be found in the New Testament of the Bible, in the Gospel of Matthew Chapter 14 : 22 v 33. It is also in the Spark Story Bible.

<https://m.youtube.com/watch?v=D0m3DocgFkM>



When the disciples set out in their boat they did not know that one of the temperamental choppy Sea of Galilee times would start with a wind that made it difficult for them to make any progress.

I wonder what the disciples felt when they saw what they thought at first was a ghost ?
If you went round your body maybe fear might show with:

- Bulging eyes
- Crinkled forehead
- Grinding teeth
- Pounding heart
- Shaking knees.
- Fast breathing
- Wringing hands

And lots more you can think of.

Maybe some ways to calm yourself down might be

- Deep, slow breaths.
- Singing, humming or thinking of a favourite song in your head
- Squeezing and relaxing different muscles in your shoulders, hands or legs
- Counting backwards from 10 to 1
- Repeating, ' It's OK ' lots of times
- Imagining you are in a favourite place
- Praying ' Be with me Jesus '

Peter at first managed to walk on water towards Jesus but he became afraid of the waves and began to sink. Jesus reminded Peter to focus on the important job of walking, concentrating on Jesus and not to be afraid. You could play a game of ' Who will blink first ' to see how difficult it is to focus on one thing and not blink. Find someone to play with and someone as ' blink catcher ' to check who blinks first. The two of you stare at one another to see who can go the longest without blinking and the ' blink catcher ' declares the winner. It is difficult to always be on top of everything and totally focussed. Everyone needs help at some time or other just as Peter did.

Why not try?

Making a boat out of an apple. Slice an apple horizontally into pieces with the help of an adult. If you have a cocktail stick, make a mast and design a small sail from paper to complete the boat - no matter if you just have apple slices.

Fill a clean bowl with water and float your apple boat.

Have you any ideas how you could put Peter on your boat, either made from something or using a tiny figure that you have. Would the boat still float?

Dear God
You challenge each of us to do amazing things.
Help us know when to ask for help from others and when
to reach out to others who need our help.

Amen