

Activity tie-in: Swimming

Object: Lifeguard rescue buoy

Bible Verse: Matthew 14:31- "Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

Lesson- Jesus is the ultimate lifeguard.

Introduction Ideas

- Tell stories (maybe from personal experience) of close calls of drowning at a pool or lake and how the lifeguard saved the situation.
- Ask the kids if they've ever been involved in a situation like this.
- Stress the importance of the lifeguard watching over and protecting us.
- Instruct the kids how lifeguards use the rescue buoy when someone is drowning and needs help
- Compare the lifeguard to Jesus. Tell the story of Peter drowning and Jesus walking on water (Matthew 14).

Main Message Key Points

- Without Jesus, we are lost at sea without a life vest
- Like Peter, we are drowning in our sin and are not able to stay afloat.
- Jesus is our lifeguard, who rescued us when we were drowning in sin.
- Our God is capable of doing incredible things, like walking on water.
- We should trust and have faith in him when we have troubles in our lives.

Questions

- What did Peter do when he was afraid and doubted Jesus' power?
 - He began to sink and cried out for Jesus to save him.
- How did Jesus save us from the deep ocean of our sin?
 - He died on the cross and rose again
- When troubles come into our lives, what do we do?
 - We should not be afraid, but we should trust in God and not doubt his saving power.

Prayer: Dear Lord, thank you for rescuing us from our sins when you died on the cross. We are sorry for the times that we trust in ourselves and not in you. Please help us to focus our hearts on you as our salvation and not doubt your saving power when troubles come into our lives.