

Activity Tie-In: Swimming

Object - life preserver

Bible verse - Hebrews 13:5 "Never will I leave you; never will I forsake you."

Lesson - Jesus is always with us as we swim through our lives.

Introduction

- You can talk about the first time that you were in water that was too deep for you to stand in, and you got scared and started to panic.
- You could ask the students if they have ever swam in a river or ocean where there were strong currents, and ask if it was difficult for them to swim in.
- You might be able to apply the story of Peter and Jesus walking on water, and how Peter feared the waves and started to sink.

Lesson Suggestions

- Transition from your intro into how when you first started learning how to swim that your parents were close by and keeping an eye on you just in case you started to sink.
- You can also mention that if you go to a public pool, there are always lifeguards watching you swim and if you do start to sink, they are ready to throw a life preserver out to you so that you can stay afloat.
- You can then make a comparison with the lifeguard and life preserver with Jesus, and say that even though Peter didn't put his trust in Jesus, Jesus was still with Peter and kept him from sinking.
- Apply the Bible verse: Hebrews 13:5 "Never will I leave you; never will I forsake you."

Interactive Questions

- When you quote the Bible verse, you could ask students to make the application:
 - How can the struggles we experience be kind of like sinking while we're swimming?
 - The currents in the water are like the troubles that we face and they can make us panic. Or we can sometimes get tired of swimming and just take a break and we might feel like we are drowning.
 - How can Jesus and his word be like a life preserver as we make our way through life?
 - Answers like "Jesus' word is like a life preserver because when we have troubles or doubts, we can look to God's word to keep us on the path to Heaven." or "God's word shows us that he is always with us and will never take his eyes off of us."

Closing Prayer

Dear Lord, you are our Savior and our best friend. Helps us keep our faith strong in you and to trust that whenever we start to sink, you will always be there to make sure that we do not drown so that we may enjoy eternal life with you. Amen