



**URBAN
SAINTS**

**Pick 'n' Mix
Supersize**

Youth Zoom

**Faith not Fear
Session 4**

Stepping out in faith



Stepping out in faith

Pick n Mix session for use on Group Zoom calls

Introduction

This is a Pick n Mix session for your online group Zoom designed to follow on from the Session 4 talk video. You don't have to do all the elements suggested - activities tend to last a bit longer on Zoom than in real time. As a Pick n Mix session, the items are not in any suggested order.

About this session

In this session we see the disciples once again in a storm. They have seen Jesus miraculously calming a storm (which we looked at in Session 1) - but this time, Jesus isn't in the boat! What do they do? They had left Jesus on the shore, so clearly they are alone this time.

BUT Jesus has a way of being present which they hadn't even thought possible. He walks out to them *on the water*.

Dez talks about how storms come and go but Jesus is with us - even when we can't see him. We may not understand his plan but we need to have faith that we are not alone. The disciples have seen Jesus perform miracles at this point, but they are back to being fearful when the next storm comes. Have you ever done that?

Focus - questions to think about

At this time in lockdown, it can feel like we're going through a storm. Connecting with Jesus is really important if we don't just want to follow him, but learn to step out ourselves.

- What are the distractions, how can you connect with God differently?
- Do you think you can walk on water?
- While stepping out will look different for each of us, what does it look like for you?

Copying Others

After Jesus has walked on water, Peter wants to try it. He can see that it's possible so he wants to copy Jesus.

Take a piece of paper and a pen each and pair people up. Give them 30 seconds to draw their partner, but they aren't allowed to look at their paper. These will produce amusing drawings. Have the group display their masterpieces and try to guess who the picture is of.

Discovery Bible Study/Swedish Bible Study

Re-read Mark 6:45-52. Here are two possible methods you can use. Both are really simple.

For the Discovery Bible Study (DBS) you follow the same pattern of questions after having read it in a couple of different versions:

- What does this story tell me about God?
- What does this story tell me about people (or myself)?
- If this is what God says about my life, what will I do about it?
- Who am I going to tell?

The Swedish Methods uses the following questions:

- What part in the passage or word stands out to you/grabs your attention?
- Is there anything that's difficult to understand? Or do you have any questions?
- How can you apply this to your life?

You might also want to explore Matthew 14:22-33 which is a different witness account of the same story. You can use this to explain to the young people that each of the gospels is written by a different writer, giving us a different perspective and emphasis. In Matthew's account the story doesn't finish with Jesus walking on the water. Peter is challenged to do the same. He has seen Jesus do it and is invited to step out.

Questions to discuss

1. What does stepping out look like for you personally?
2. What's the biggest "storm" you have experienced in your life?
3. Did spending time with God help you during that "storm"?
4. How can you bring Jesus' peace into more of life's storms?

What is possible?

Dez talked about how being close to God helped him feel that he could achieve the impossible. You may have heard the story of Roger Bannister, the first person to run a mile in less than four minutes. Lots of people didn't believe that it could be done, and yet after he accomplished this it only took one month before others started doing the same. The mental barrier saying it was impossible was broken.

For Peter, he saw Jesus performing the miraculous - walking on water - and then decided that he could do it too. And he did!

Questions:

1. What are the things which seem impossible to you at the moment?
2. Who are the people you look up to, and what is it that inspires you to be like them?

When we surround ourselves with people who inspire us, we open our minds to God's idea of 'possible'. Jesus says, "I tell you for certain that if you have faith in me, you will do the same things that I am doing. You will do even greater things" (John 14:12 CEV).

Would you...

We all react differently to situations, so let's see how you respond to the following. If you say yes put your thumbs up. If you say no put your thumbs down.

- If you found a £20 note on the floor would you keep it? (yes or no)
- Would you miss a day of school if you hadn't done your homework? (yes or no)
- You dropped your phone and the screen smashed. Would you lie about what happened? (yes or no)
- You saw someone picking on someone, would you step in to help? (yes or no)
- If you saw someone on the street needing food would you offer to help? (yes or no)
- Your grandparents asked you to visit, but your friend asked you to go to a party. Would you see your grandparents? (yes or no)
- You forgot your homework, would you copy a friend's work? (yes or no)
- You see an elderly woman fall but your bus is here, would you miss your bus to help her?

- Would you be willing to give a friend £50, if it meant taking money from a parent?
- Your friend tells you a secret, but you tell some of your other friends and they ask you about it, would you own up?
- While out with your friends you see someone hit their car into someone else's. You see it all, but do you say anything?
- You've said something offensive online and are asked if it's you, would you own up?
- You have purposefully lost your school report, would you lie about where it is?
- You say you care for the environment, you see litter on the floor would you walk past it?
- You are late for school, but a child is lost. Would you ignore them and go to school?
- Your friends are arguing, do you step in and pick a side?
- You got a present from a friend and you give it away as you don't like it. Your friend asked to see it, would you tell them you didn't like it?

Pass the Message

Divide the group into pairs so that everyone has a partner.

Give one of each pair a message such as, "It's raining cats and dogs," or, "it's one small step for man, but one giant leap for mankind" or, "the journey begins with a single step".

Ask them to relay the message all at the same time - it will get loud and shouldn't work.

Try this with a few different messages.

You could then remove a pair at a time until you can begin to hear the message. Talk about how we have to remove distractions in our lives in order to hear God clearly.

First Steps

One of the most famous quotes about steps is "one small step for man, one giant leap for mankind"; this was spoken as the first astronaut, Neil Armstrong, stepped from the safety of the 'known', a rocket, onto the moon for the first time.

We celebrate a baby's first steps as they represent growth and progression in a child's life.

What are the first steps which you need to celebrate? Take it in turns to share with the group one thing which you have stepped out in recently, which you are proud of yourself for doing. These may look different for different people - passing a driving test, eating seafood for the first time, praying out loud, leaving the house after a long time...we make 'first steps' regularly, and sometimes it's important to mark these occasions together.

Reflective Prayer:

On the last page is an image of a boat in the shallow water with the ocean behind it and sand in front. Save the file on to your computer and share the image in the chat with the group.

Imagine yourself in the picture. Think about:

- What sounds would you hear?
- What smells would you experience?
- Would you be able to taste the sea air?
- What would you feel under your feet?

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Now take a moment to think and reflect about where you are on your faith journey.

- Are you right at the start (on the beach) asking questions and unsure if God really exists?
- Perhaps you are on the journey but are just beginning to dip your toes in?
- Maybe you are in the boat and like the disciples, believe in God but just get scared when he asks you to do something that feels uncomfortable.
- You may be a bit like Peter in this story - he has taken a step out of the boat in faith, but begins to panic and do things in his own strength.
- Or perhaps you are out walking on the water with Jesus.

Wherever you are, faith is a journey. We all have different paths - some days we feel like we are walking on water and the next we feel like we are sinking.

Take a few moments now to reflect, and ask God to help you work out where you currently are on this journey. Draw a person or a dot on the picture to mark where you feel you are.

Now thinking about your faith, where you would like to be within the picture? Ask God to help you and guide you to draw closer to him.

Perhaps you are able to share a bit about what it feels like to step out in faith. Maybe that is the first step on the sand or standing in the boat.

Finish in prayer.



Photo by Eirik Uhlen on Unsplash