


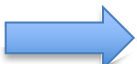


# Living the Truth I Know

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## Keeping the Faith

<b>Wisdom Story</b>		<b>“Jesus Walks on Water,”</b> Matthew 14:22-33
<b>Key Issue</b>		When we are love on faith, things can feel overwhelming.
<b>Living the Truth</b>		Faith invites us to keep our eyes focused on the Christ, the Truth of the situation, no matter what may be occurring in our lives.
<b>Unity Principle</b>		#1: God is all good and active in everything, everywhere.

## Adult Review & Enrichment

### Thoughts to Contemplate

- Faith is our supreme affirmative faculty; the ability to think, feel and say YES to God and Truth with our minds and hearts.
- Faith does not rely on physical facts but is based on an inner knowing that we have the ability to access our inner spiritual wisdom whenever we want to.
- With faith we know that there are no impossible situations because we are guided by an inner Light of Truth.
- Our faith grows as we nourish it with Truth.

### Bible Quotes

- “Faith is the assurance of things hoped for, the evidence of things not seen.”  
~ Hebrews 11:1
- “According to your faith let it be done to you.” ~ Matthew 9:29
- “If you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.” ~ Matthew 17:20

# Centering & Coming Together

*Beginning by engaging in some centering time helps to build connections and to create a prayerful and sacred environment. Encourage each member of the family to contribute and to take turns leading the different activities.*

## Set Up Your Sacred Space

Encourage each member of the family to contribute to creating the space. Items to consider:

- Colorful scarf or cloth on which to place the items
- Electric Candle
- Crystals/Stones – nature items
- Prayer cards
- Items that have a special meaning to an individual
- Electric Tealight

## Light the Candle

As you turn on or light the candle, invite all to focus on the flame and know that the Christ presence within, is always alive in us.

- Prayer the ***Prayer for Protection***
  - *The Light of God surrounds us*
  - *The Love of God enfolds us*
  - *The Power of God protects us*
  - *The Presence of God watches over us*
  - *Where we are, God is!*

## Check In

- Each person chooses a tealight and then shares their name, an I AM statement, such as, *I am Diane and I am powerful*, and turns on their tealight. For each person, the group then repeats the name and affirmation in order to give a blessing, “*Diane, you are powerful.*” Go around the circle until all are affirmed.
- Next invite each person to share 3 of their favorite things. (*Color, movie, sport, bug, animal, song, planet, game, etc...*)

## Sacred Breath

- This is the time when we use a breathing exercise to de-stress and to move our attention into the present moment. Choices include:
  - Smile, Take a Breath & Relax
  - Tighten all muscles, breath in, hold, and release

## Celebration Leader

- Invite people to think of one or two things they would like to celebrate. As each person shares, make a joyful noise. *This activity invites us to look for the good even in very small and simple ways.*

# Share the Story

*Story is used to create a common experience. The story reflects an issue that the participants might be experiencing and invites us to consider that we are not alone in what we are thinking, believing, and/or experiencing.*

## “Jesus Walks on Water,” Matthew 14:22-33

This is the story about Jesus and the disciples in a boat on the water. When Peter sees Jesus walking toward the boat He steps out in faith. The storm causes Peter to lose his faith and he begins to sink.

### Story Focus

When we keep our eye on the Christ within, we rise in faith and consciousness.

### Share the Story

Immediately Jesus made the disciples get into the boat and go on ahead of Him to the other side, while He dismissed the crowd. After He had dismissed them, He went up on a mountainside by Himself to pray. Later that night, He was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw Him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear.

But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

“Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

“Come,” He said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, he cried out, “Lord, save me!”

Immediately Jesus reached out His hand and caught Him. “You of little faith,” He said, “why did you doubt?”

And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped Him, saying, “Truly you are the Son of God.”

## Discuss the Story

*The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers*

- What did Jesus do before he got into the boat?
- How did the disciples respond when they saw Jesus coming toward them?
- What did Peter do when he saw Jesus?
- What caused Peter to begin to sink?
- What did Peter do when he began to sink?
- How did Jesus help Peter?
- What did Jesus tell the disciples?
- In this story the disciples are scared because the wind is blowing, and the waves are high, and Jesus is not in the boat with them. Tell me about a time when you felt alone and/or scared. What did it feel like? What did you do?
- In the morning, Jesus walked upon the water and came to them. The disciples did not believe it was Him. They thought it was a ghost. What might have caused the disciples to doubt that it was Jesus walking toward them?
- Jesus told them not to be afraid. And then Peter stepped out of the boat and tried to walk across the water to Jesus. As long as Peter had his eyes on the Christ he was able to walk on the water. What does this mean in our lives? What do we need to focus on, especially when we are trying to do something that is difficult for us?
- Besides the Christ, what else would help us to have faith? (Clue: Our abilities)
- Peter cried out to Jesus and Jesus stretched out His hand and saved him. He told Peter that he needed to keep his faith strong at all times. What does this passage tell us about ourselves?
- How can we keep our faith strong?

# Activity

*The activities are used to give the participants the opportunity to explore the lesson's teachings through art, science, and/or games.*

## Starting with a Strong Foundation

Is our foundation of belief built on solid or shaky ground?

### Supplies

- 2 Pans of prepared Jello
- Marshmallows
- Toothpicks

### Action

- Ask the participants if they have ever been in an earthquake or seen the results of one on TV. Discuss what causes an earthquake (the plates of the earth shift around).
- Using the supplies above, create two houses, one on each of the pans of Jello.
- The Jello represents the earth and the marshmallows are the building materials.
- Construct one house on the Jello using only the marshmallows and create a second house on the other pan of Jello using both the marshmallows and the toothpicks.
- After the houses are complete, test them by shaking the table and observe what happens to each house.

### Discuss

- What happened to each of the buildings?
- Describe a situation in your life or the world that feels like an earthquake or something very disruptive to your life.
  - If your faith is shaking like the house that fell, how might you react to the situation?
  - If your faith is secure like the house that was built with toothpicks, how might you react to the situation?
- If the toothpicks represent our faith – how can that help us if we experience something that “shakes us up inside”?
- How can we grow our faith? What will this bring to our lives?