

Lesson 19: Waves, Wind, and Worship

Key Takeaway

Jesus has power over wind and waves because he is the Son of God.

Scriptural Basis

Matthew 14:22-33

Bible Verse

"Jesus Christ is the same yesterday, today, and forever." (Hebrews 13:8, NLT).

Learning Objectives:

- Children will understand that Jesus has power over nature because he is the Son of God.
- Children will recognize that faith means trusting Jesus, even when life feels scary.
- Children will explore ways to grow in trust through prayer, worship, and remembering Jesus is with us.

Materials Needed for Small Group:

- ☐ A Bible
- ☐ Name tags
- ☐ A snack per child

Object Lesson: Floating Faith Experiment

- ☐ 1 clear plastic cups
- ☐ Clear carbonated soda (like Sprite or 7-Up)
- ☐ Raisins, several per group

Activity: Trust Reminder Drawing

- ☐ Paper
- ☐ Markers or crayons

Materials Needed for Large Group:

- ☐ A Bible

The Story: Jesus Walks on Water

- ☐ Blue paper or fabric
- ☐ Poster Board
- ☐ Large paper boat
- ☐ Spray bottles filled with water (light mist setting)

(Optional) Object Lesson: Trust the Chair

- ☐ A sturdy chair

Materials Needed for Games:

Game: Storm Waves Relay

- ☐ Blue fabric or paper

Game: "Faith Walk" Blindfold Challenge

- ☐ Blindfold
- ☐ Small obstacles (like chairs, cones, or soft objects)

Game: Don't Sink the Boat - Balloon Balance

- ☐ Balloons
- ☐ A basket, or a small laundry basket labeled "Boat"

Game: "Step of Faith" Object Balance Game

- ☐ Paper plates or construction paper cut into "stepping stones"

Small Group Session 1

15 Minutes

Distribute name tags and snacks. Choose one of the following activities to do together while children eat their snack.

Share and Listen

Option 1

Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).

Option 2

Ask the children to take turns sharing how they are feeling today using the [“How Are You Feeling?” chart](#).

Pray Together

Collect prayer requests from the students. The leader or a student can pray for the entire group, or a leader can pair up students and invite them to pray for one another.

Opening Questions

- ***“What’s the scariest thing you’ve ever experienced?”***
- ***“What helped you feel safe?”***

“Today, we’re going to learn about a time when Jesus showed his friends they didn’t need to be afraid because he was with them.”

Activity: Would You Rather: Trust Edition

Objective: Get kids thinking about trust in uncertain situations.

Instructions:

Ask a series of silly or serious “Would You Rather” questions where both options require a bit of bravery.

After each question, kids choose one of the two options.

Have them respond by moving to one side of the room (e.g., left side = option A, right side = option B), raising their hand, or calling out their answer.

Invite a few volunteers to share why they chose their answer.

- ***“Would you rather walk across a wobbly bridge or ride a rollercoaster?”***
- ***“Would you rather be in a boat during a storm or stuck in a cave?”***

- ***“Would you rather trust your best friend to guide you while you’re blindfolded or walk alone in the dark?”***
- ***“Would you rather sleep in a tent during a thunderstorm or go deep underwater in a submarine?”***
- ***“Would you rather be stuck in a boat during a storm or stuck in an elevator with a friend?”***
- ***“Would you rather have to trust someone to catch you as you fall backward or swim in deep water without floaties?”***

“Some of those choices were hard! Trusting someone means believing they’ll help you, even when you feel nervous or scared. Today we’re going to hear a true story from the Bible about one of Jesus’ friends—Peter—who had to trust Jesus during a really stormy situation. Let’s find out what happened when he did!”

Large Group

10-15 Minutes

Welcome the students to Crossroads and tell them you are glad they came this week.

Optional Starters

“Who is Jesus” call and response

Prayer Prompt: “God, I trust you even when...”

(Talk to God about trusting him even when things are confusing or you don’t see what he’s doing yet.)

Opening Song: “Victory” by Go Fish

Opening Prayer

Tell kids that closing their eyes and folding their hands together can help keep them focused and not distract those around them.

Opening Questions

- ***“Have you ever been caught in a storm or felt scared?”***
- ***“What helped you feel safe?”***

“Today, we will hear about a time when the disciples were in a scary storm, but Jesus showed he is always with us and has power over everything.”

The Story: Jesus Walks on Water

Materials Needed:

- ☐ Blue paper or fabric
- ☐ Poster Board
- ☐ Large paper boat
- ☐ Spray bottles filled with water (light mist setting)

Lay the blue paper or fabric on the bottom of the poster board to represent the sea.

Hold up the paper boat in front of the poster board to help children picture the boat on the sea.

Have leaders hold spray bottles nearby, ready to lightly mist kids during storm parts of the story.

“Let’s imagine we’re in a boat with Jesus’ disciples. They had just seen Jesus do a miracle—feeding thousands of people! Now Jesus tells them to get into a boat while he goes to pray.”

Read Matthew 14: 22-33 aloud for the group.

- ***“What part of the story stood out to you the most? Why?”***
- ***“How do you think the disciples felt during the storm? What about when they saw Jesus?”***
- ***“Why do you think Peter was able to walk on the water at first—but then started to sink?”***
- ***“What does this story show us about who Jesus is?”***
(Hint: Think about his power over nature and how he helped Peter.)

“Peter was afraid when he saw the storm, but Jesus was right there. That shows us who Jesus is—powerful, caring, and near to his followers. When we trust him, we can remember that he is powerful, caring, and right by our side.”

(Optional) Object Lesson: Trust the Chair

Objective: Children will understand that faith means trusting Jesus, even when it seems hard.

Materials Needed:

- ☐ A sturdy chair

Instructions:

Here’s a regular chair. Who believes it will hold you up if you sit in it?

Ask for a Volunteer:

“Would someone like to come up and show us what it looks like to trust this chair?”

Let them sit down and then stand back up.

“Did the chair hold you up? Did you hesitate before sitting down? Why or why not?”

“Most of us don’t even think twice before sitting in a chair. We just trust it to hold us.

Trusting Jesus is kind of like trusting this chair. You don’t just say you believe it will hold you—you show it by sitting in it.

In today’s story, Peter trusted Jesus enough to step out of the boat. But when he focused on the storm, he started to sink. Just like sitting in a chair shows trust, we can show our trust in Jesus by praying, worshiping, and remembering he’s with us—even in the middle of our fears.

Jesus didn’t stop the storm right away. But he came to his disciples, walked on water, and showed them that he is truly God’s Son. When Peter got afraid and started to sink, Jesus reached out and saved him. This story helps us see how powerful Jesus is—and that he cares deeply for his followers.”

Close in Prayer

Thank Jesus for showing us that he is powerful and always with us. Ask Jesus to help us trust in him when life feels scary or confusing. Thank him for loving us and saving us.

Small Group Session 2

20-25 Minutes

Share the Key Takeaway: Jesus has power over wind and waves because he is the Son of God.

Read or retell the story using the Bible or ask students to retell the story to you.

Read Matthew 14:22-33

Discussion Questions Younger Kids:

- ***“Who walked on water in the story?”***
- ***“Why did Peter start to sink?”***
- ***“What did Jesus do when Peter called for help?”***

Discussion Questions Older Kids:

- ***“Why do you think Peter wanted to walk on water?”***
- ***“What caused Peter to sink? (Fear, taking his eyes off Jesus)”***
- ***“How can we trust Jesus when life feels hard or scary?”***

Activity: Object Lesson: Floating Faith Experiment

Materials Needed:

- ☐ 1 clear plastic cup
- ☐ Clear carbonated soda (like Sprite or 7-Up)
- ☐ Raisins

Instructions:

Fill the clear cup about $\frac{3}{4}$ full with soda.

Carefully place a few raisins into the cup.

Watch as the raisins sink... then slowly rise... then sink again! This can take a few seconds, so encourage the kids to be patient and keep watching.

Talk about how the bubbles attach to the rough surface of the raisins and lift them up.

“Did you see how the raisins started to float when the bubbles lifted them up—but then they sank again when the bubbles popped? That reminds me of Peter in our story today. He stepped out of the boat and started walking on the water because he trusted Jesus. But then he saw the wind and waves, got scared, and started to sink.”

- ***“What do you think made Peter start to sink?”***
- ***“What can we do when things feel scary or uncertain?”***
- ***“What’s one way you can trust Jesus this week, even if it feels hard?”***

“Just like the raisins, when Peter trusted, he rose. Jesus didn’t let Peter sink—he reached out and saved him. That reminds us that Jesus has the power to help us and is always near when we trust him.

That’s what faith means—trusting Jesus, even when it seems hard.”

Activity: Trust Reminder Drawing

Objective: Children will understand that faith means trusting Jesus, even when it seems hard.

Materials Needed:

- ☐ Paper
- ☐ Markers or crayons

“Today we learned how Peter started to walk on water because he trusted Jesus. But when the wind and waves scared him, he started to sink. Jesus was right there to help him. We all face scary moments too.”

Ask kids to think of one thing that makes them feel afraid or unsure. Examples could include:

- Being in the dark
- Thunderstorms
- Feeling lonely
- Trying something new
- Getting in trouble

Then have them draw a picture of that situation on the left or center of the page.

Add Jesus to the Picture:

“Just like Jesus was with Peter in the storm, he is with you too—even when you’re scared. Let’s draw Jesus in the picture next to your scary situation to remind you that you’re not alone.”

Encourage them to draw Jesus in a way that helps them remember his love and strength—he could be holding their hand, smiling at them, calming a storm, or standing beside them.

Write a Trust Statement (Optional for Older Kids):

Invite kids who are able to write to add a short sentence like:

- “Jesus is with me.”
- “I can trust Jesus.”
- “Jesus helps me when I’m scared.”

Going Deeper

- ***“What’s the difference between saying you trust Jesus and actually living like you do?”***
- ***“Can you think of a time when you had to show your trust in Jesus by doing something hard or scary?”***
- ***“Why do you think Jesus let Peter step out onto the water, even knowing he might sink?”***
- ***“What “waves” or distractions in your life make it hard to keep your eyes on Jesus?”***
Examples might include peer pressure, fear of failure, feeling alone, or worrying about what others think.
- ***“When Peter started to sink, he called out to Jesus right away. What can we learn from that moment?”***
- ***“What are some ways we can “call out to Jesus” when we feel overwhelmed?”***
- ***“Who in your life needs to hear that Jesus is with them right now?”***
- ***“How could you encourage them this week?”***

Ending Together

5-10 Minutes

“Peter got out of the boat because he trusted Jesus. But when he focused on the wind and waves instead of Jesus, he got scared and started to sink. We’re like that sometimes. Life can feel scary or confusing—but Jesus doesn’t leave us. He comes close and reaches out his hand, just like he did for Peter.

Your picture can help remind you that you don’t have to face scary things alone. Jesus is with you. And when you trust him, you’ll discover he is strong, kind, and always near—even in the storm.”

- ***“What can you do when you feel scared this week?”***
- ***“Who can you encourage by reminding them Jesus is always with us?”***
- ***“How can you show trust in Jesus at school or home this week?”***

Response and Reflection

“Jesus is powerful, and we can trust him to help us, no matter how hard life feels.”

Print out the Bible verse.

Practice the Bible verse for this unit (Hebrews 13:8). Take a look at the [Memory Verse Game Ideas](#).

Pray with the students and dismiss them.

Close in Prayer

Pray that students’ faith in Jesus would grow stronger and that they would know that Jesus is always with them.

Games

25 Minutes

Game: Storm Waves Relay

Materials:

- ☐ Blue fabric or paper

How to Play:

- Spread the blue fabric across the floor as “water.”
- Have kids stand on one side of the room.
- They must carefully walk across the fabric pretending it’s water while balancing an object (like a bean bag or cup of water).
- If they “sink” (lose balance), they can say, “Jesus, help me!” and try again.

Say: “Just like Peter walked on water, we can trust Jesus to help us when life feels hard or scary.”

Game: "Faith Walk" Blindfold Challenge

Materials:

- ☐ Blindfold
- ☐ Small obstacles (like chairs, cones, or soft objects)

How to Play:

- Divide the group into pairs. One child is blindfolded, and the other will guide them across the room by giving verbal instructions only.
- The goal is for the blindfolded child to reach the other side safely while trusting their partner’s voice.

Connection to the Lesson: Just like Peter trusted Jesus to walk on water, we can trust Jesus even when we can’t see the whole picture.

Game: Don’t Sink the Boat - Balloon Balance

Materials:

- ☐ Balloons
- ☐ A basket, or a small laundry basket labeled “Boat”

How to Play:

- Divide the kids into teams. Each team must try to keep multiple balloons (representing waves) in the air while keeping the “boat” (basket) balanced on a chair.
- If the boat tips over or the balloons fall, the round ends. Discuss how the disciples felt during the storm and how Jesus brought peace.

Connection to the Lesson: The storm seemed overwhelming, but Jesus showed his power to bring peace and help us stay strong in life’s challenges.

Game: "Step of Faith" Object Balance Game

Materials:

- ☐ Paper plates or construction paper cut into "stepping stones"

How to Play:

- Place paper plates across the floor like stepping stones (representing water). Kids must cross the “water” by stepping only on the plates.
- The challenge: Some plates will be labeled with encouraging words like "Faith," "Trust," while others say "Doubt" or "Fear." If they step on a plate labeled "Doubt" or "Fear," they must return to the starting line.
- Encourage the group to make it across while staying on “Faith” and “Trust” plates.

Connection to the Lesson: Peter started to sink when he focused on fear instead of trusting Jesus. Keeping our faith helps us stay close to Jesus, even in hard times.

Game: Storm Sounds Freeze Game

Materials: None

How to Play:

- Choose one child to be the storm starter. When the leader calls out “storm!” all kids make storm sounds (clapping, stomping, wind noises) and move around.
- When the leader calls out “Jesus says, Peace Be Still,” the kids must freeze and be silent.
- Anyone still moving sits out for the next round.
- Repeat several rounds and discuss how Jesus calmed the storm and brought peace.

Connection to the Lesson: Even when life feels noisy and stormy, Jesus can bring peace to our hearts when we trust him.

Printout 19.1

SLIPS FOR THE BASKET

EVERYDAY ITEMS

KIND ACTIONS

Small lunch

A kind word

Backpack

Helping a friend

Pencil

Sharing a toy

Water bottle

Giving someone a hug

Piece of bread

Smiling at someone who's sad

Favorite toy

Saying "I'm sorry"

Bible

Praying for someone

Blanket

Including someone who's left out

Tissue

Listening to a friend

Printout 19.2

SAMPLE SCENARIOS

Would you give your lunch to Jesus if someone else was hungry?

Would you give your favorite toy to help a kid who has none?

Would you use your free time to help your little brother or sister?

Would you say something kind to a kid who gets picked on?

Would you give up your turn in a game to make someone feel included?

Would you give money you saved to help someone in need?

Would you pray for someone who is sick, even if you're shy?

Would you talk to a kid at school who looks lonely?

Would you forgive someone who hurt your feelings?

Would you invite a friend to church or Crossroads Kids Club?