

WHAT DISTRACTS YOU FROM FOCUSING ON JESUS?

DAY 4

Have you ever watched a basketball game, when someone from the visiting team is trying to shoot a free throw? All the home fans are waving their hands in the air and yelling to try to get the player to miss it.

It's hard enough to do what we're supposed to do without distractions getting in the way! That's real life, though. The same thing that happened to Peter can happen to us so easily. He was walking on the water with Jesus . . . until he wasn't. All it took was him getting distracted for a second.

Those distractions can look different for each of us. If you want to stay focused on Jesus, you might need to spend some time thinking about what distracts you. Ask your parents what they think; after all, they know you better than anyone.

IF IT HELPS YOU KEEP YOUR FOCUS ON HIM, IT'LL BE WELL WORTH IT!

CONFIDENCE

LIVING LIKE YOU BELIEVE
WHAT GOD SAYS IS TRUE

DAY 1

Read Matthew 14:22-33

What do you notice about Jesus in this story?

He had a plan. He knew what was going to happen. He was in control the whole time. The disciples saw Jesus walking on the lake and they were *terrified*. But Jesus was calm.

HE SAID, "BE BRAVE! IT IS I. DON'T BE AFRAID."

Peter walked on the water because Jesus told him to. But when he looked at the wind and waves, he started to *panic*. He started to sink. Jesus was ready though! Immediately, He caught Peter and brought him safely back to the boat. The wind calmed down.

We're like the disciples. We get surprised when life throws us things we don't expect. We get scared. We start to panic. We don't see a way out.

That's because we're looking at the wrong thing. We're looking at the wind and waves. We're worried about what we see around us. What if we looked at each day like Jesus was really in control? What if we really believed that the things that happen to us aren't a surprise to Him?

That doesn't mean nothing bad will happen to us. But it does mean that we can trust Him along the way. We know He's with us. We know where to look. We can focus on Him instead of worrying about the wind and the waves.

LIVE
FOR GOD

WEEK 3

HEAR
FROM GOD

PRETEEN

DAY 2

What are the “wind and the waves” in your life right now?

Draw some waves here on this paper, and write in some words about the things that make you feel worried or overwhelmed. It could be a big project at school, or trouble with a friend or maybe your parents are stressed out about their jobs or money, and that makes you worry too.

The more you think about those things, your worry just gets worse. That’s why it’s important to put your eyes on Jesus instead—to remember the things that are true:

HE LOVES YOU.

HE PROVIDES FOR YOU.

HE’LL NEVER LEAVE YOU.

HE’LL GIVE YOU HIS STRENGTH TO FACE WHATEVER YOU’RE FACING.

Find one of your favorite worship songs to listen to today. Really pay attention to the words. Let your thoughts land on Jesus and all the good things He’s done in your life.

When you pray, tell God about the “wind and waves” you wrote down. Be honest with Him and tell Him how you feel. Ask Him to help you focus on Jesus instead of filling your heart with worry or fear.

PRAY
TO GOD

DAY 3

All of us struggle sometimes to put our focus on Jesus, because we get sidetracked by all the other things that need our attention. Your parents can probably remember some seasons of their lives when they were really focused on Jesus . . . and others when they weren’t.

You should ask them about it! You’ll probably learn something you never knew before about their faith story.

HERE’S WHAT YOU CAN ASK:

- Were there times in your life when you were really focused on Jesus?
- Were there also some times when you focused more on other things instead?
- What difference did it make when you WERE focused on Him? What made your life different in those times?

TALK
ABOUT GOD