

# St Wilfrid's Family Focus

5<sup>th</sup> July 2020 – Jesus walks on water

**Welcome** to this week's Family Focus! A weekly opportunity for you to gather together as a family and spend some time with God. A usual there is a story to read, some things to wonder about, a song to sing and some suggestions for activities and prayer. Use them in whatever way works best for you. We pray that you will know that God is with you as you meet together today, wherever you are. Have fun!



## Story – Jesus walks on water

Today we're looking at the story of Jesus walking on water, which you can find in the Bible in Matthew Chapter 14, Verses 22-31, or here on Bible Gateway <https://www.biblegateway.com/passage/?search=Matthew+14%3A22-31&version=NIV>

You can also find a cartoon retelling of the story here: <https://www.youtube.com/watch?v=oVy9HGr3Qig>



## I wonder...

Here are some things you might like to wonder about the story together

- I wonder which part of this story you like best?
- I wonder how Peter felt when he began to walk on the water towards Jesus, and then when he saw the wind?
- I wonder how Peter felt when Jesus caught him?
- I wonder if you have ever needed to do something which took courage? How did you feel?
- I wonder who helps you when you feel like you might sink?
- I wonder what this story tells us about what Jesus is like?

We have been living through strange and challenging times, and at the moment it feels like lots of things are changing. Some of us may feel excited about these changes, others might feel worried or anxious, or we might feel a bit of both. I think Peter probably felt lots of different things as he stepped out on the water towards Jesus – excited, amazed, daunted, worried, and everything in-between! This story shows us that when we step out to do something that takes bravery and courage, Jesus will be with us just as he was with Peter. He will call us towards him, reassure us if we become worried, and be ready to catch us if we fall.



## Song - Every Move I Make

[https://www.youtube.com/watch?v=nZBhKp5\\_HwE](https://www.youtube.com/watch?v=nZBhKp5_HwE)

This song reminds us that God loves us and is with us always – every step that we take and every move we make! - just like Jesus was with Peter as he had courage and stepped out in faith, and also when he doubted. There are also some dance moves to this song, so see if you can join in with those too!



## Prayer time

Did you know that our feet can help us to pray?! They really can! Try using these simple actions to pray together today.

**Stand Up** – Jesus tells us to stand up for people who are treated unfairly. As you stand, pray for those who are treated unfairly in our world today.

**Jump up and down** – We often jump up and down when we're happy and joyful! As you jump, God for something that is bringing you joy at the moment

**Stamp your feet** – Sometimes we stamp our feet when we're angry or upset, and when Jesus shows us that when we feel like that we can share it with God and he will hear us and help us. As you stamp, share with God anything which you are feeling sad, angry or upset about at the moment.

**Hop on one foot** – Hopping for a long time can be tricky. Life is tricky and difficult for lots of people at the moment for different reasons. As you hop, pray for someone you know who is finding life hard at the minute

**Walk on the spot** – Jesus asks us to follow his example and share his love with other people. As you walk, pray that God would help you to share his love this week, perhaps through acts of kindness, or by telling someone you know that they are brilliant and very loved!



## Activities

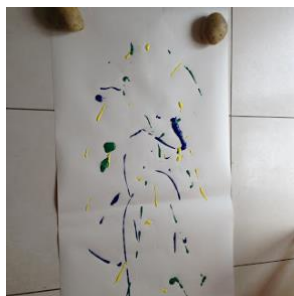
### Reflective Colouring



On the last page of this edition of Family Focus you'll find this colouring sheet. Print it out and spend some time colouring it in. As you do, think about whether you're feeling worried or afraid about anything at the moment. If you are, remember that Jesus's words to Peter in this story, which are also on the colouring sheet, are for you too. Think about how it makes you feel that Jesus is with you always, however you're feeling.

[Credit: [flamecreativekids.blogspot.com](http://flamecreativekids.blogspot.com)]

### Messy Foot Painting



**You will need:** Paint, wallpaper lining paper or a long strip of paper, your feet, a washing up bowl filled with warm water and an old towel to clean your feet afterwards!

Lay out the paper to make a long stretch of 'water' and make sure that it is fastened down! It is best to do this either outside, or somewhere easy to clean.

Squirt some blobs of paint onto the paper. Make sure they are small blobs because big blobs will cause a slipperiness problem for bare feet. Take off shoes and socks and step out onto the paper, make some footprints, and use your feet to spread and mix the paint. Try using bubble wrap 'shoes' if you want to make different textures in the paint.

How does it feel to walk on the paint? How do you think Peter felt when he walked on the water towards Jesus? *[Credit: flamecreativekids.blogspot.com]*

## Float or Sink?



**You will need:** A container filled with water, a range of objects that you don't mind getting wet!

Have a look at your objects and get everyone to guess which ones they think will float and which ones they think will sink. Write all of your guesses down. Then simply drop each of your objects into the water and see which ones float and which ones sink! Give a point for each correctly guessed object, and the person with the most points at the end wins.

As you're doing this, think about Peter in the story when he started to sink. How do you think he felt? Have you ever felt like you were sinking, because you were worried or afraid, or because you didn't understand something perhaps? Who helps you when you feel like your sinking? How do you feel knowing that Jesus is with you like he was with Peter?

*[photo credit: handsonaswegrow.com]*

## Re-tell the story

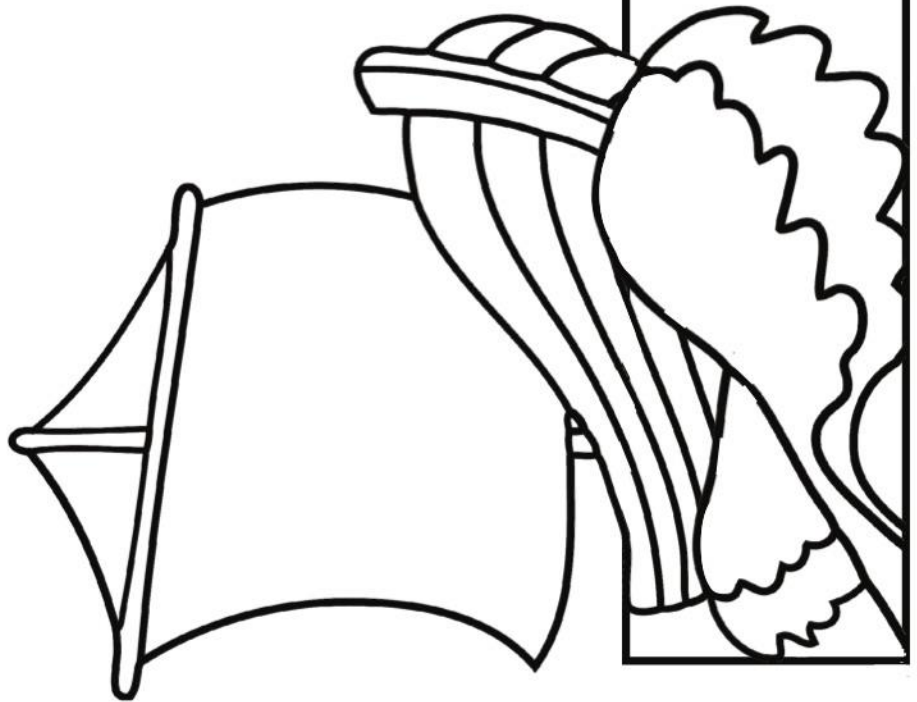
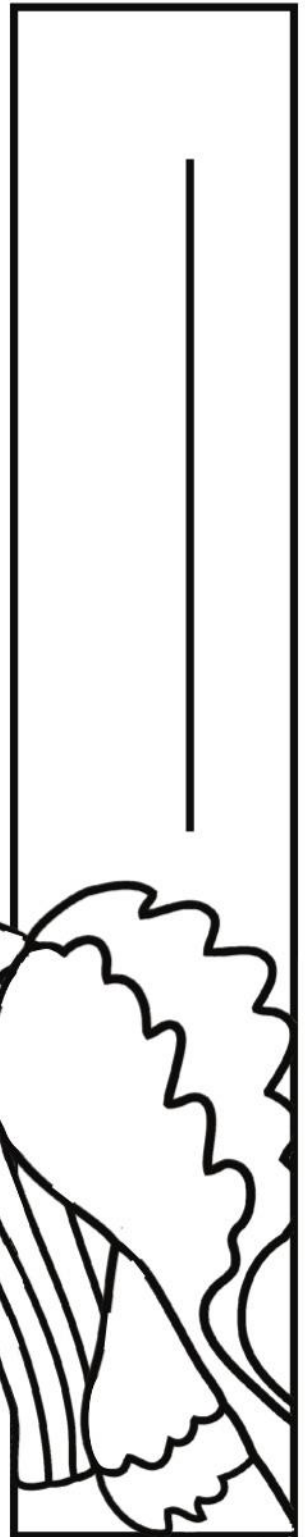



If you were sharing this story, how would you tell it? Here are some things you might like to try:

- Use the template on the following page to show how Jesus walked on water towards the boat. Simply colour it in, and cut it all out, including cutting along the bold black line in the sea. Stick the Jesus figure on to a pencil or lolly stick and then you can show him walking on the water (see picture above.)

- Do you have any cardboard boxes hanging around? Why not turn one into a boat and have a go at acting out the story. Could you find a blue blanket for the sea? Or perhaps you could use cushions to make the ground a feel bit uneven and unsteady like the waves. Have fun using your imagination!
- You could write a poem about the story, or perhaps draw it in a storyboard like a cartoon.
- You could use your toys to tell the story. Use any figures you have to be Jesus and the disciples, and if you don't have a toy boat, improvise! You could use an empty margarine tub or yoghurt pot, perhaps.

*[Image and template credit: Crafting the word of God]*





Don't worry! I'll be with you.

Don't be afraid.

Matthew 14:27