



Day 2 Training: Superheroes and the Raging Storm! Matthew 14:22-36 (NIV)

Read: Matthew 14:22-36

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear.

²⁷ But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

²⁸ “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

²⁹ “Come,” he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

³¹ Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

³⁴ When they had crossed over, they landed at Gennesaret. ³⁵ And when the men of that place recognized Jesus, they sent word to all the surrounding country. People brought all their sick to him ³⁶ and begged him to let the sick just touch the edge of his cloak, and all who touched it were healed.

Reflect: Have you ever heard the phrase: “Sticks and stones may break my bones, but words will never hurt me?” I can’t think of a more untrue statement than that. Sure, sticks and stones will break bones, but words hurt, and they can hurt a lot. However, words used in the right way, in an encouraging way can totally change a person. In today’s story Peter is walking on water

towards Jesus. Jesus told him to get out of the boat and come to him. Jesus encouraged Peter to walk on water. And Peter did, for a while, until he looked around and saw the waves. He took his eyes off of Jesus, he stopped listening to Jesus and because of that Peter began to sink. The difference between Peter walking on water and not walking on water was listening and paying attention to Jesus. Jesus' words had the power to help Peter walk on water. Our words can be powerful too and our next step towards becoming a superhero is focusing on our words and building each other up.

Pray: Dear God, thank you for the story of Peter to help remind us to always look to you for encouragement and use our words to encourage others. Help me to always use my words to show love for my family, friends, and community. Amen

Take Action: Say one of these phrases to someone in the next day:

You are SUPER!
You are Awesome!
Thanks for your help!
You're a good friend!

What are some other encouraging words you can say to someone?

Have kids write down and decorate a word or phrase they could use to encourage someone on their index cards. (Awesome! Wonderful! Cool! Great!)

Cool Thing to Do: You'll need balloons for this activity. Have your kids write as many positive words on the balloon as they can in 90 seconds. Tell them they will have 30 seconds to keep the balloon in the air without letting it touch the ground. Seems simple enough, right? However, each round comes with an added challenge, you'll read right before the round begins. See how many of the rounds they can complete

Round #1-No challenge just keep in the air.
Round #2-Sitting down
Round #3-Use only one hand per person.
Round #4-Add a second balloon
Round #5-On your knees.
Round #6-Eyes closed
Round #7- No one can hit it twice in a row and no walking around.

When you use encouraging words, it can build people up and keep them floating in much the same way you kept the balloon up in this challenge.

**“Encourage one another and build each other up.”
1 Thessalonians 5:11 (NIV)**