

Faith Steppin'

By RLD Editorial Team

for use as
STEP 1 

Lesson 1
Focus:
Step out in faith.

Lesson 1
Bible Basis:
Hebrews 11:23-28

Lesson 1
Memory Verse:
Now faith is confidence in what we
hope for and assurance about what
we do not see.
—Hebrews 11:1

Your teens will watch a video about the first moon landing as they explore stepping out in faith.

Materials:

- Internet access

Many of you may have heard about NASA seeking out volunteers to go to Mars. For the last several year, they have been seeking young people who are willing to begin a new life on a new planet. Numerous people have clamored at the chance for such an adventure and applied to the program. Think of the courage it would take to leave life on Earth and everything that's comfortable and familiar to start over again on Mars!

In anticipation of this larger mission, NASA has been seeking volunteers to do a one-year simulation. The first simulation is set to begin this fall.

Show this clip to your class [1:44]:
NASA seeking US volunteers for Mars simulation
<https://www.youtube.com/watch?v=Y1dAS3fK8Fg>

- **Would you volunteer for this simulation if you met all the qualifications? Why or why not?** (Accept all reasonable responses.)
- **Who would participants have to rely on in such a simulation?** (Answers may include NASA, themselves, their fellow participants, etc.)

Participation in such a simulation requires the participants to put their faith in NASA to provide everything they need for a year of life, faith in themselves to be able to complete the simulation, and faith in their fellow participants to work well together in a confined space for an extended period of time.

Trusting in each person involved to make the simulation go seamlessly takes a lot of FAITH. Living out our everyday lives also requires a lot of faith. When we board an airplane, we trust the pilots and crew and mechanics and manufacturers to do their jobs well, so we can fly safely to our destinations. When we get in our cars we have faith other

drivers will obey the traffic laws enough to allow us to travel safely. When we eat, we trust our food sources have provided us with safe ingredients.

➤ **What are some other things you put your faith in on a daily basis?** (Answers will vary. Encourage students to think outside the box.)

➤ **What are some examples of ways systems, people, or products that we place our faith in fail?** (Answers will vary, with possible answers wide-ranging such as consequences of traffic accidents, power failures, political gridlock, medical mistakes, etc.)

In every detail of life, we have faith that if we do something—even as simple as flipping a light switch—certain things will result. But how is that different from faith in GOD? What does it mean to have faith in the God of the universe, the one who created all things and put the moon and stars in place? Let's explore what faith in God is and how it can impact our daily lives.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Lesson 1 / September 4, 2022

Faith Steppin'

for use as
STEP 4 

Lesson 1**Focus:**

Step out in faith.

Lesson 1**Bible Basis:**

Hebrews 11:23-28

Lesson 1**Memory Verse:**

Now faith is confidence in what we hope for and assurance about what we do not see.

—Hebrews 11:1

Materials:

- Paper
- Pens/pencils

If your class is meeting online, invite students to bring paper and pens/pencils to class.

When Moses stepped out in faith, he trusted that God was with him. When his life turned upside down and maybe even seemed ruined, Moses made choices to honor God.

Our memory verse, Hebrews 11:1, says, “Now faith is the confidence in what we hope for and assurance about what we do not see.”

***Confidence* means “the firm belief” or “feelings of certainty.” Faith is having feelings of certainty for what we hope for.**

- **What is it that “we hope for” in our memory verse?** (God’s presence, love, grace, and mercy. Eternal life with Him, no matter what happens in life. Forgiveness and salvation. He is “Our refuge and strength, a ever-present help in trouble” [Psalm 46:1]. Answers will vary according to students’ thoughts.)
- **What does it mean to you to step out in faith?** (Allow students to answer as they wish.)

Hand out paper and pens/pencils (or invite students to have them ready at home).

Faith is assurance about what we don’t see. We believe in an invisible God, yet we can see and experience the reality of His presence, love, and mercy. Let’s take a few minutes to think about how our own faith intersects with our circumstances. Pull out your pens and paper and write short answers to the following questions. You may even write just a word or letter that is private and means something only to you. Your choice.

- **What is a situation or challenge in your life that is difficult right now?** (Give students time to think and write about their own difficulty.)

- **What struggles or fear do you have about stepping out in faith regarding that difficult situation or challenge?**
- **In the midst of that difficulty, how can you choose to honor God?**

Close your eyes for a moment. Picture yourself stepping out in faith about what you've written down. (Allow 30 seconds of silence.) Now, keep your eyes closed; imagine yourself doing it again and this time, picture Jesus alongside you as you step out in faith.

Fold up and keep your paper. In the next week, look at it each day at a set time (like at breakfast or bedtime) and again picture yourself stepping out in faith with Jesus by your side. Ask God to grow your faith and show you how to step out in faith according to His will.

Close your time by praying for the students' faith to grow, and for God to strengthen the faith they do have. Ask God to help them continue this week to visualize themselves stepping out in faith with God always beside them.

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