

# Strong Faith

By RLD Editorial Team

for use as  
**STEP 1** 

**Lesson 11****Focus:**

We can have strong faith in Jesus.

**Lesson 11****Bible Basis:**

Matthew 14:22-33

**Lesson 11****Memory Verse:**

I can do all this through him who gives me strength.  
—Philippians 4:13

**Students will find that when they keep their eyes on Jesus, they will have the strength and faith to endure and even conquer life's challenges.**

**Materials:**

- Internet access

Life is full of challenges. Some challenges we go looking for, such as trying to beat a record or improve a skill. Other challenges come to us, and we have to face them even if we would rather run the other way.

- **What are some challenges that you have chosen—things you decided to do even though you knew they would not be easy to accomplish?** (Answers will vary: learning a sport or instrument; performing on stage; etc.)
- **Describe your experience as you worked toward accomplishing the challenge.** (Answers will vary: it turned out to be easy; it is still a challenge; I gave up, etc.)
- **What is the biggest unwelcome challenge you have ever known someone to have to face?** (Answers will vary: natural disaster; hunger; poverty; war, etc.)

Read the following true story to your class:

**“Alejandra’s grandmother was very sick, and Alejandra was afraid. Alejandra loved her grandma and didn’t want to lose her. So she did something she had learned to do in Sunday school—she prayed.**

**Though Alejandra’s parents weren’t Christians, Alejandra had been attending Sunday school at a local church in their small town in Mexico. A caring teacher had taught Alejandra that she could pray to God in times of difficulty. So Alejandra began to pray, and she encouraged her parents to pray, too. Soon the whole family was praying together for the grandmother’s health.**

**God heard Alejandra’s prayers. Her grandma is feeling much better now. Alejandra has learned that she can trust God and talk to Him, even when she’s worried or afraid—and that lesson has had an impact on her family and her teacher, too.”**

➤ **How do you think you might respond to the type of challenge Alejandra faced?** (Answers will vary; accept all reasonable responses.)

➤ **What are some challenges that you did not choose but that you have had to face?** (Answers might include: learning disability; death of a loved one; illness; bully; parents' divorce; anxiety; moving to a new city, etc.)

➤ **What is the hardest part of facing an unwanted or unexpected challenge?** (Answers will vary: wondering if things will ever improve; not giving up; finding the strength to press on; getting tired of how long the challenge lasts; finding that the challenge means learning to live with some type of change; etc.)

➤ **What are some things that might distract you from facing a challenge?** (Answers might include fear; looking at the big, overall problem rather than just the small bit you need to work on today; forgetting God is with you, etc.)

**Peter was faced with an unexpected and exciting challenge, one where he had the resource to press on, but he let himself get distracted by fear. Let's see what would have enabled him to do the unbelievable when he was challenged.**

Story Source: <https://www.davidcalebcook.org/2020/04/29/learning-to-trust/>

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

Lesson 11 / February 9, 2025

# Strong Faith

for use as  
**STEP 4** 

**Lesson 11****Focus:**

We can have strong  
in Jesus.

**Lesson 11****Bible Basis:**

Matthew 14:22-31

**Lesson 11****Memory Verse:**

I can do all this through him who gives  
strength.  
—Philippians 4:13

**Materials:**

- Internet access
- Index cards (1 per student)
- Pens/pencils/markers

If your class is meeting online, invite students to bring supplies with them to class.

**Peter walked on the water when he believed Jesus would enable him to do so. When his focus shifted to his fear of the wind and the waves, he took his eyes off the source of his strength—Jesus—and he began to sink. Like Peter, we can have strong faith when we keep our eyes on Jesus.**

- **Why do you think we often give in to fear and defeat even when we know the perfect and all-powerful God can help us with any challenge we face? (Answers will vary.)**
- **What are some situations that you are facing now, or that you know you will be facing in the future, where relying on God to get you through would make dealing with the challenge easier for you?**

Distribute supplies (or invite students to have them ready at home). On one index card and using only half of the surface space on one side, students should write out today's memory verse ("I can do all this through him who gives me strength"—Philippians 4:13).

**Fill the other side of the index card with challenges that you face, have faced, or may face. These can be challenges you choose or challenges that are part of life.** If the students do not have enough ideas, brainstorm as a group.

**Silently read the challenges that you listed on your card. Now read the memory verse on the other side of the card.**

**As you are faced with challenges, and even when life seems easy, you can read the verse on your challenge card to remember that through Christ, you can do all things. Commit to zooming in your focus on Jesus and not looking past Him at the things that want to overwhelm you. Keep Jesus as the focus, not the challenges.**

**Before you leave the house each day this week, repeat what we just did. If more challenges come up, add them to the challenges on the challenge card. But always remember the truth on the other side of the card. You can put your focus on Jesus, the One who will give you the strength to endure any challenge. You won't be able to see the challenges when you focus on Him.**

For a closing prayer, recite Philippians 4:13. Ask God to develop your faith by helping all of you to keep your eyes on Him, depending fully on Jesus to give the strength you need in any challenge you face.

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