

Let Jesus hold you up (hairdryer/leaf blower)

Lesson learnt:

Do you ever try to do everything on your own? Have you tried to solve all your problems alone? Why do we do that? We need to remember that we are not alone and that the One who is with us can do anything!

Items needed:

- Ping pong balls
- Hair dryer
- Beach ball
- Leaf blower

Instructions/ skit:

Link to video demonstration: <https://youtu.be/FVyQxagWZmk>

Who can tell me what I am holding? (*A ping pong ball*)

What do you think will happen if I throw this ping pong ball up? It will fall down right. Let's see. (*Throw it up and let it fall*)

Sometimes this is how we feel. We feel like we are trying really hard to keep things under control, but they keep flopping. (*Throw another ball and let it fall*)

Most of us think that if we just try a little harder (*Throw higher*) then everything will be ok.

(*Throw the ball and let it drop each time*)

If I am just really well behaved everything at home will be ok.

If I just put on a brave face so others think I am happy then I will be.

If I do this or wear that or say this then more people will like me.

If I am good, then bad things won't happen.

(*Continue to mention things you feel are relevant to your kids*)

And the harder we try the more we seem to fail and eventually we start to lose hope. We start to feel like these things will never get any better.

But can I tell you there is something really important you are missing!!!

Let me tell you about a man in the Bible named Peter. We can find his story in *Matthew 14:22-32*.

The story starts with Jesus telling Peter and the rest of the disciples to get in their boat and go to the other side of the lake. You see Jesus wanted to go and pray to God before He would come and join them.

So of course, they listen and off they go in the boat. And everything is going well. Peter and the disciples are happily bobbing about in their boat. That is until the wind picks up a little and the waves start to bash the side of the boat a bit (*act out this bit if you can*) and the next thing they see a person WALKING ON THE WATER towards them.

And the disciples shout ***it's a ghost***.

Aren't we just like that? Something isn't how we think it should be and immediately we assume the worst.

But in fact, it isn't a ghost. It is Jesus, God's son, the teacher they had been following every day, watching Him do miracles. Jesus is walking to them on the water.

And immediately Jesus says to them – Don't be afraid.

And Peter replies to Jesus "Lord, if it is you, command me to come to you on the water."

And what do you think Jesus said? That's right Jesus said "Come".

So, Peter got out of the boat and walked on the water and came to Jesus! Isn't that amazing!

Ahh but that's not the end of the story is it. Silly Peter started to notice the wind and the waves. He started to try and do it on his own (*throw the ping pong up*) and what happened? Peter started to sink! And he shouted, "Lord save me."

And the Bible says Jesus **immediately** took Peter's hand and helped him back into the boat and at the same time the wind stopped, and all was calm.

So, you might be asking, "What does this story have to do with all the problems I am trying to fix. How is this story going to help me get things under control?"

You see there was someone right there with Peter that Peter forgot to trust. When Peter tried to do it on his own – he started to sink and when we try and do thing on our own, we flop too (*throw and drop ball again*)

But someone is right there with you ALL the time (*turn on hairdryer*) and Jesus is saying – Let me help you, trust me, together we can do this. (*Refer to hair dryer in one hand*) Yet still we keep trying to get things under control on our own. (*Throw ball up and drop it next to the hairdryer*)

But look what happens when we give these things to Jesus. He holds them up, He carries the things we cannot carry on our own. *(Place the ping pong ball on the hairdryer and switch it on. The ball should stay up)*

And you might be saying but that's cool and all but the problems I am facing are way bigger than a ping pong ball.

Well let me tell you that Jesus is way more powerful than a hairdryer!

(Take a leaf blower and demonstrate this object lesson with a beach ball) Nothing is too difficult for Jesus. He brings hope to even the most hopeless situations. He brings light to even our darkest moments. Stop trying to do it alone. Trust in Jesus. He is the light of the world!

